

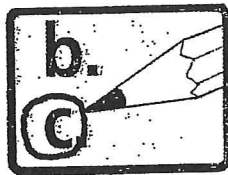
~~Manipulativeness is probably learned from our parents. This is confirmed by Dr. F. Geis and Richard Christie in their book, *Studies in Machiavellianism*. In homes where parents are high Machs, the child who escapes this influence is likely to be the first-born, who often develops traits diametrically opposed to the tactics of his or her canny parents. And although Machs are found among both sexes, studies show that men are more manipulative than women.~~

Are You Socially Anxious or Socially Secure?

PF 6

Comedian Robin Williams once said that even with all his years of performing, he still gets nervous when facing a new audience. Social anxiety is a burden everybody endures, from childhood through old age. Many never shake it no matter how hard they try, though some of us have learned to disguise it quite well.

When unusual or special social situations arise, how high is your social angst? Take the following quiz to find out. You may also want to ask someone who knows you well to respond to the items as he or she thinks you might answer. When you're both finished, compare results.



TEST

This quiz will help you evaluate whether you simply have sweaty palms or if you suffer from social anxiety. Rate how tense or uncomfortable you would feel under the following conditions.

1. Being approached by a policeman.
a. Not tense at all b. Slightly tense c. Quite tense
2. In a casual get-together with acquaintances and co-workers.
a. Not tense at all b. Slightly tense c. Quite tense
3. When sitting with a group of strangers in the waiting room at the doctor's office.
a. Not tense at all b. Slightly tense c. Quite tense
4. Talking to your boss about a raise or a teacher about your grade.
a. Not tense at all b. Slightly tense c. Quite tense
5. Speaking to an attractive person of the opposite sex whom you've just met at a cocktail party.
a. Not tense at all b. Slightly tense c. Quite tense
6. Talking sweetly to your lover over the phone with strangers nearby.
a. Not tense at all b. Slightly tense c. Quite tense
7. Being interviewed for an important job.
a. Not tense at all b. Slightly tense c. Quite tense
8. Arguing about politics, ethics, or other non-personal issues among your friends.
a. Not tense at all b. Slightly tense c. Quite tense
9. Being in a new group where you are the only one of your race, nationality, or religious background.
a. Not tense at all b. Slightly tense c. Quite tense
10. Meeting a friend by chance while shopping for something personal and potentially "embarrassing," such as underwear, feminine products, or condoms.
a. Not tense at all b. Slightly tense c. Quite tense