

Fear of Vulnerability Test

Name:

Age:

Gender:

Date:

This Fear of Vulnerability Test is designed to assess your level of discomfort or fear when expressing vulnerability. It helps mental health professionals identify areas where you may struggle with openness and emotional exposure. Review the statements and respond to each one based on how often you experience or agree with them.

Question	1 Never	2 Rarely	3 Sometimes	4 Often	5 Always
1. I find it difficult to share my feelings with others.					
2. I worry that being vulnerable will lead to rejection or criticism.					
3. I prefer to keep my problems to myself rather than seek help.					
4. I feel uncomfortable when others express their emotions to me.					
5. I struggle to trust others with my personal information or feelings.					
6. I avoid situations where I might have to talk about my feelings or experiences.					

Question	1 Never	2 Rarely	3 Sometimes	4 Often	5 Always
7. I fear that showing my true self will lead to being judged or misunderstood.					
8. I have difficulty admitting when I am wrong or have made a mistake.					
9. I often put up a strong front, even when I feel vulnerable inside.					
10. I feel a sense of shame or weakness when discussing my vulnerabilities.					

Total score: /50

Scoring and interpretation

The Fear of Vulnerability Test score provides insight into how comfortable or fearful you feel about being open and emotionally vulnerable with others.

Each question is scored from 1 (Never) to 5 (Always), reflecting how often you experience fear or discomfort in situations that require vulnerability.

After completing the test, add up your scores for all 10 statements to get a total score between **0** and **50**.

- **Lower scores** may suggest a greater comfort with vulnerability and openness. You likely find it easier to share your feelings, trust others, and navigate emotionally charged situations.
- **Higher scores** may suggest a strong fear of vulnerability. You most likely avoid sharing your feelings, struggle with trust, or feel discomfort when faced with situations requiring emotional openness.

Disclaimer:

*This Fear of Vulnerability Test is **NOT** a scientifically validated tool and should not be used as a definitive assessment of emotional health or psychological state.*

The concepts and scoring provided for this test are intended for self-reflection and general guidance only.

For a comprehensive evaluation, consult a licensed mental health professional.