

Self-effacing Efficacy Scale (SEES)

1	2	3	4	5
Does not describe me	Describes me slightly well	Describes me moderately well	Describes me very well	Describes me extremely well

1. I often imagine what someone else might think.
2. I usually anticipate when someone will be upset.
3. *I often assume someone else is feeling the same as I do.
4. I often imagine how it might feel for people.
5. I am often aware when people are worried even when they have not told me so.
6. I am often aware when people are feeling low even when they have not told me so.
7. I am often aware when people are scared even when they have not told me so.
8. I am often aware when people are excited even when they have not told me so.
9. I am often aware when people are happy even when they have not told me so.
10. *I am often surprised by someone else being upset.
11. I often make an effort to understand how it might feel for someone else.
12. I am often aware and interested in how someone feels when I would not have felt the same had I been in his or her situation.
13. I sometimes imagine what it feels like for someone else when he or she is doing something that I do not like.
14. *I often do not want to know what it is like for someone else.
15. I sometimes imagine what it is like for someone else when he or she is doing something that is disgusting to me.
16. *I often pretend that I know how someone else is feeling.
17. I am interested in what it is like for someone whom I dislike.
18. *I often have difficulty knowing what it is like for someone else.
19. *I am not interested in the feelings of someone who is doing bad things.¹
20. I usually anticipate when someone will be feeling hurt emotionally.¹

*Reverse coded

¹ Items expunged in a redundancy analysis