

I get the feeling that . . .	Rarely	Once a month	Once a week	Several times a week	Once a day
I need to be on my guard against others					
Negative comments about me might be being put around					
People deliberately try to irritate me					
I might be being observed or followed					
People are trying to make me upset					
People communicate about me in subtle ways					
Strangers and friends look at me critically					
People might be hostile towards me					
Bad things are being said about me behind my back					

Someone I know has bad intentions towards me					
I suspect that someone has it in for me					
People would harm me if given an opportunity					
Someone I don't know has bad intentions towards me					
There is a possibility of a conspiracy against me					
People are laughing at me					
I am under threat from others					
I can detect coded messages about me in the press/TV/radio					
My actions and thoughts might be controlled by others					