
		1	2	3	4	5	
		Strongly	Disagree	Neutral	Agree	Strongly	
		Disagree				Agree	
1	2	3	4	5			I have an important secret that I haven't shared with anyone.
1	2	3	4	5			If I shared all my secrets with my friends, they'd like me less.
1	2	3	4	5			There are lots of things about me that I keep to myself.
1	2	3	4	5			Some of my secrets have really tormented me.
1	2	3	4	5			When something bad happens to me, I tend to keep it to myself.
1	2	3	4	5			I'm often afraid I'll reveal something I don't want to.
1	2	3	4	5			Telling a secret often backfires and I wish I hadn't told it.
1	2	3	4	5			I have a secret that is so private I would lie if anybody asked me about it.
1	2	3	4	5			My secrets are too embarrassing to share with others.
1	2	3	4	5			I have negative thoughts about myself that I never share with anyone.

Larson, D. G., & Chastain, R. L. (1990). Self-concealment: Conceptualization, measurement, and health implications. *Journal of Social and Clinical Psychology, 9*, 439-455.