

Covert and Overt Reassurance Seeking Inventory (CORSI)

Please rate each statement by putting a circle around the number that best describes how much the statement is true of you. Please answer every item, without spending too much time on any particular item.

How much is each of the following statements true of you?		Not at all	A little	Some	Much	Very Much
1.	If other people do not tell me otherwise, I can assume that I've got things under control	0	1	2	3	4
2.	I often ask others to tell me if I have made the 'wrong' decision	0	1	2	3	4
3.	If I am unable to check something I am anxious about, I will ask others to reassure me that it is OK	0	1	2	3	4
4.	I often try to find out if others care about me without asking them directly	0	1	2	3	4
5.	I sometimes threaten to end a friendship in order to see if my friends really care about me	0	1	2	3	4
6.	I annoy people with repeated requests for reassurance about their feelings for me and this causes problems in my relationships	0	1	2	3	4
7.	I always 'test the waters' before engaging in any activity that makes me anxious	0	1	2	3	4
8.	I spend an excessive amount of time looking for signs of approval from others	0	1	2	3	4
9.	I have often been told that I seem "insecure" because I constantly seek affirmation or approval from others	0	1	2	3	4
10.	If I am unsure about the safety of my food, I will wait until someone else has tried some before I do	0	1	2	3	4
11.	If I am really worried about something, it rarely seems good enough to have others reassure me about it only once	0	1	2	3	4
12.	If I am uncertain about the cleanliness of an object, I will wait until somebody else touches it before I do	0	1	2	3	4
13.	I often make a statement about something that I've done to get information from others about how well I've done it	0	1	2	3	4
14.	In order to feel worthwhile, I need other people to continually show me that I am valued through their actions and gestures towards me	0	1	2	3	4
15.	If I have checked something repeatedly and still feel unsure, I ask others to reassure me that things are safe	0	1	2	3	4
16.	I often try to find out if an object or situation is "safe" without asking anybody directly	0	1	2	3	4
17.	I sometimes check the safety of an object or situation by looking to see how other people react to it	0	1	2	3	4

How much is each of the following statements true of you?		Not at all	A little	Some	Much	Very Much
18.	I sometimes make self-derogatory statements with the hope that someone will object to them	0	1	2	3	4
19.	In social situations, I try to 'read' other people's body language to determine whether they like me	0	1	2	3	4
20.	I look to other people's moods when they are around me to determine whether they like me	0	1	2	3	4
21.	If others do not object to my engaging in an activity, then it must be 'safe'	0	1	2	3	4
22.	I become so anxious when I am uncertain about something that I need to ask my friends or family for reassurance over and over again	0	1	2	3	4
23.	I spend far more time than most people looking to others for signs that things will be OK	0	1	2	3	4
24.	I have trouble accepting responsibility for something important without asking for reassurance that everything will be OK	0	1	2	3	4
25.	When faced with an important decision, I need to ask others for reassurance before I can make my final choice	0	1	2	3	4
26.	When I am anxious about doing something, I often start and if nobody around me warns me to stop, I assume it is OK to continue	0	1	2	3	4

Scoring Information for the Covert and Overt Reassurance Seeking Inventory (CORSI):

To obtain an overall TOTAL score: Sum all responses.

To obtain FACTOR scores, sum each of the responses for the items comprising the five CORSI factors:

- 1) Overt Social/Relational threat (O-SR): items 5, 6, 9
- 2) Covert Social/Relational threat (C-SR): items 4, 8, 13, 14, 18, 19, 20
- 3) Overt General threat (O-G): items 2, 3, 11, 15, 22, 23, 24, 25
- 4) Covert General threat – Active (C-G_A): items 1, 16, 21, 26
- 5) Covert General threat – Passive (C-G_P): items 7, 10, 12, 17

Radomsky, A.S., Neal, R.L., Parrish, C.L., Lavoie, S.L., & Schell, S.E. The Covert and Overt Reassurance Seeking Inventory (CORSI): Development, validation, and psychometric analyses. *Behavioural and Cognitive Psychotherapy*. <https://doi.org/10.1017/S1352465820000703>