

## Foreign Language Classroom Anxiety Scale

Horwitz, E. K., Horwitz, M. B., & Cope, J. (1986). Foreign language classroom anxiety. *The Modern Language Journal*, 70(2), 125-132.

**1. I never feel quite sure of myself when I am speaking in my foreign language class.**

Strongly agree   Agree   Neither agree  
nor disagree   Disagree   Strongly disagree

**2. I don't worry about making mistakes in language class.**

Strongly agree   Agree   Neither agree  
nor disagree   Disagree   Strongly disagree

**3. I tremble when I know that I'm going to be called on in language class.**

Strongly agree   Agree   Neither agree  
nor disagree   Disagree   Strongly disagree

**4. It frightens me when I don't understand what the teacher is saying in the foreign language.**

Strongly agree   Agree   Neither agree  
nor disagree   Disagree   Strongly disagree

**5. It wouldn't bother me at all to take more foreign language classes.**

Strongly agree   Agree   Neither agree  
nor disagree   Disagree   Strongly disagree

**6. During language class, I find myself thinking about things that have nothing to do with the course.**

Strongly agree   Agree   Neither agree  
nor disagree   Disagree   Strongly disagree

**7. I keep thinking that the other students are better at languages than I am.**

Strongly agree   Agree   Neither agree  
nor disagree   Disagree   Strongly disagree

**8. I am usually at ease during tests in my language class.**

Strongly agree   Agree   Neither agree  
nor disagree   Disagree   Strongly disagree

**9. I start to panic when I have to speak without preparation in language class.**

Strongly agree   Agree   Neither agree  
nor disagree   Disagree   Strongly disagree

**10. I worry about the consequences of failing my foreign language class.**

Strongly agree   Agree   Neither agree  
nor disagree   Disagree   Strongly disagree

**11. I don't understand why some people get so upset over foreign language classes.**

Strongly agree   Agree   Neither agree  
nor disagree   Disagree   Strongly disagree

**12. In language class, I can get so nervous I forget things I know.**

Strongly agree   Agree   Neither agree  
nor disagree   Disagree   Strongly disagree

**13. It embarrasses me to volunteer answers in my language class.**

Strongly agree   Agree   Neither agree  
nor disagree   Disagree   Strongly disagree

**14. I would not be nervous speaking the foreign language with native speakers.**

Strongly agree   Agree   Neither agree  
nor disagree   Disagree   Strongly disagree

**15. I get upset when I don't understand what the teacher is correcting.**

Strongly agree   Agree   Neither agree  
nor disagree   Disagree   Strongly disagree

**16. Even if I am well prepared for language class, I feel anxious about it.**

Strongly agree   Agree   Neither agree  
nor disagree   Disagree   Strongly disagree

**17. I often feel like not going to my language class.**

Strongly agree   Agree   Neither agree  
nor disagree   Disagree   Strongly disagree

**18. I feel confident when I speak in foreign language class.**

Strongly agree   Agree   Neither agree  
nor disagree   Disagree   Strongly disagree

**19. I am afraid that my language teacher is ready to correct every mistake I make.**

Strongly agree   Agree   Neither agree  
nor disagree   Disagree   Strongly disagree

**20. I can feel my heart pounding when I'm going to be called on in language class.**

Strongly agree   Agree   Neither agree  
nor disagree   Disagree   Strongly disagree

**21. The more I study for a language test, the more confused I get.**

Strongly agree   Agree   Neither agree  
nor disagree   Disagree   Strongly disagree

**22. I don't feel pressure to prepare very well for language class.**

Strongly agree   Agree   Neither agree  
nor disagree   Disagree   Strongly disagree

**23. I always feel that the other students speak the foreign language better than I do.**

Strongly agree   Agree   Neither agree  
nor disagree   Disagree   Strongly disagree

**24. I feel very self-conscious about speaking the foreign language in front of other students.**

Strongly agree   Agree   Neither agree  
nor disagree   Disagree   Strongly disagree

**25. Language class moves so quickly I worry about getting left behind.**

Strongly agree   Agree   Neither agree  
nor disagree   Disagree   Strongly disagree

**26. I feel more tense and nervous in my language class than in my other classes.**

Strongly agree   Agree   Neither agree  
nor disagree   Disagree   Strongly disagree

**27. I get nervous and confused when I am speaking in my language class.**

Strongly agree   Agree   Neither agree  
nor disagree   Disagree   Strongly disagree

**28. When I'm on my way to language class, I feel very sure and relaxed.**

Strongly agree   Agree   Neither agree  
nor disagree   Disagree   Strongly disagree

**29. I get nervous when I don't understand every word the language teacher says.**

Strongly agree   Agree   Neither agree  
nor disagree   Disagree   Strongly disagree

**30. I feel overwhelmed by the number of rules you have to learn to speak a foreign language.**

Strongly agree   Agree   Neither agree  
nor disagree   Disagree   Strongly disagree

**31. I am afraid that the other students will laugh at me when I speak the foreign language.**

Strongly agree   Agree   Neither agree  
nor disagree   Disagree   Strongly disagree

**32. I would probably feel comfortable around native speakers of the foreign language.**

Strongly agree   Agree   Neither agree  
nor disagree   Disagree   Strongly disagree

**33. I get nervous when the language teacher asks questions which I haven't prepared in advance.**

Strongly agree   Agree   Neither agree  
nor disagree   Disagree   Strongly disagree