

The Shame Inventory

The questions below are about overall shame feelings that you may experience.

1. Circle the number which indicates how often you typically experience shame.

Never	Seldom	Occasionally	Often	Always
0	1	2	3	4

2. Circle the number which indicates the *intensity or severity* of shame that you typically experience.

Never	Seldom	Occasionally	Often	Always
0	1	2	3	4

3. To what extent does shame negatively affect the quality of your life?

Never	Seldom	Occasionally	Often	Always
0	1	2	3	4

This is a list of situations and behaviors that may be related to the experience of shame for you. Shame is thoughts about yourself that helps you to feel bad. Please write a number (between 0-4) besides each statement which indicates the intensity of your shame about the event. If the statement does not apply to you, write an "X" besides the statement.

Didn't Happen/Does Not Apply to me	No Shame	Slight Shame	Moderate Shame	Considerable Shame	Extreme Shame
X	0	1	2	3	4

Rate

0-4

A time when I ...

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- _____ 1. was laughed at in front of others
 - _____ 2. was criticized in front of others
 - _____ 3. cried in front of others
 - _____ 4. made a scene in public
 - _____ 5. lost something important
 - _____ 6. had sex with someone that I didn't want to
 - _____ 7. forced/coerced someone to have sex with me
 - _____ 8. had an affair/was unfaithful/was sexually promiscuous

Didn't Happen/Does Not Apply to me X	No Shame 0	Slight Shame 1	Moderate Shame 2	Considerable Shame 3	Extreme Shame 4
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Rate
0-4

A time when I ...

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- _____ 9. was sexually harassed
 - _____ 10. made a suicidal attempt/threat or harmed myself on purpose
 - _____ 11. didn't know an answer to a question I felt I should know
 - _____ 12. was caught saying negative things about others
 - _____ 13. overate or ate unhealthy/high fat food
 - _____ 14. missed an important appointment
 - _____ 15. was praised for something I didn't do
 - _____ 16. didn't live up to a really important standard of mine
 - _____ 17. didn't live up to others standards
 - _____ 18. told a lie
 - _____ 19. broke a promise
 - _____ 20. committed a crime
 - _____ 21. knew someone talked badly about me behind my back
 - _____ 22. received a compliment
 - _____ 23. found out someone I cared for didn't feel the same way
 - _____ 24. was turned down for a date/request to spend time with someone
 - _____ 25. could not afford something
 - _____ 26. was slow to learn something
 - _____ 27. hurt someone emotionally
 - _____ 28. hurt someone physically
 - _____ 29. hurt and animal
 - _____ 30. was physically and sexually abused
 - _____ 31. saw a picture of myself/saw myself in the mirror
 - _____ 32. was afraid to do something
 - _____ 33. failed at work
 - _____ 34. lost a friend

- _____ 35. had fantasies of violence or death
- _____ 36. had sexual/kinky fantasies
- _____ 37. betrayed a friend
- _____ 38. was betrayed by someone I care about
- _____ 39. hated a family member
- _____ 40. had an abortion or encouraged sex partner to get an abortion
- _____ 41. had a private aspect of my life exposed
- _____ 42. other, describe: _____
- _____ 43. not being in an intimate relationship
- _____ 44. not having children
- _____ 45. being gay/lesbian/bisexual
- _____ 46. feeling unattractive or ugly
- _____ 47. having a mental disorder
- _____ 48. being a certain race/ethnicity
- _____ 49. not having a good career
- _____ 50. being adopted

Total: _____