**Self-Shame Test**

Please read each statement carefully before answering. Next to each item, indicate how often you believe in the statement made by selecting a number to correspond to it:

1=Almost never

2=Occasionally

3=About half of the time

4=Fairly often

5=Almost always

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Question** | **1** | **2** | **3** | **4** | **5** |
| I’m disapproving and judgmental about my own flaws |  |  |  |  |  |
| When I’m feeling down I tend to obsess on everything that’s wrong with me |  |  |  |  |  |
| When things are going badly for me, I see the difficulties as a my fault |  |  |  |  |  |
| When I think about my insecurities, it tends to make me feel separate and cut off from the world |  |  |  |  |  |
| When times are really difficult I tend to be hard on myself |  |  |  |  |  |
| When something upsets me I try hard to not let anyone know how I really feel |  |  |  |  |  |
| I’m intolerant or impatient towards those aspects of my personality I don’t like |  |  |  |  |  |
| I tend to isolate from others when struggling |  |  |  |  |  |
| When things are going badly, I tend to feel like others would be better off without me |  |  |  |  |  |
| When something upsets me I can get carried away by my emotions |  |  |  |  |  |

Total Score: