

## *Appendix 21 - Feelings of Shame Scale <sup>1</sup>*

	<b>I feel ...</b>	Always	Sometimes	Never
1	Flawed in many ways	3	2	1
2	Exposed to the world	3	2	1
3	Inferior to others my age	3	2	1
4	Effective in school, volunteering or work	1	2	3
5	Shy around other people	3	2	1
6	Certain of myself	1	2	3
7	Humiliated easily	3	2	1
8	Secure about who I am and my purpose	1	2	3
9	Strong compared to others	1	2	3
10	Defenseless against others	3	2	1
11	Powerless to change who I am	3	2	1
12	Helpless to improve	3	2	1
13	Lovable by others	1	2	3
14	Inadequate	3	2	1
15	Alienated from the rest of society	3	2	1
16	Embarrassed by my choices	3	2	1
17	Invisible	3	2	1
18	Belittled a lot of the time	3	2	1
19	Peculiar in many ways	3	2	1
20	As smart as others	1	2	3
21	Intimidated easily	3	2	1
22	Rejected by other in society	3	2	1
23	Like a failure	3	2	1
24	Wrong a lot of the time	3	2	1
25	Important	1	2	3
26	Like I have little to contribute to society	3	2	1
27	Ashamed of who I am	3	2	1
28	Ashamed of my family	3	2	1
29	Like hiding away from other people	3	2	1
30	Worthy of love and affections	1	2	3
Total				

### **Profile Interpretation**

The Feelings of Shame Scale is designed to help you be aware of why you feel shame, invite you to find ways to heal and explore the reasons you have to be proud.

<b>Scale Score</b>	<b>Result</b>	<b>Indications</b>
30 to 49	Low	You are probably not experiencing much shame in your life.
50 to 70	Moderate	You are probably experiencing some shame and should explore the negative beliefs you have about yourself in order to learn to heal.
71 to 90	High	You are probably experiencing a feat deal of shame in your life and should find ways to have compassion toward yourself and heal the history/situation(s) that has caused your negative beliefs.

<sup>1</sup> Liptak J, Leubenberg E., Coping with Guilt and Shame Workbook, Whole Person, Duluth, MN, 2013.