

## *Appendix 22 - Self-assessment for Guilt*

Read the statement, then circle the number from the column that best applies to you. Add all the circled numbers.

		True	Somewhat True	Not True
1	I strike out at other people and then feel guilty.	1	2	3
2	I know how to react if I begin to feel guilty	3	2	1
3	I have no idea how to confront my feeling about my guilt	1	2	3
4	I understand why I did what I feel guilty about	3	2	1
5	I have a support system to help me manage my guilt	3	2	1
6	I am assertive when I need to be	3	2	1
7	I can easily monitor and correct my self-talk	3	2	1
8	I hate myself for something I did	1	2	3
9	I take responsibility for any regrettable action I have taken	3	2	1
10	I have managed to reduce my feelings of guilt	3	2	1
11	I need approval from others	1	2	3
12	I try to learn from my guilty feelings	3	2	1
13	I am comfortable saying no when I need to	3	2	1
14	I try to live up to the expectations of others	1	2	3
15	I do not back down when others are overpowering or stubborn	3	2	1
16	I dwell on my feelings of guilt and regrets	1	2	3
17	I have made amends about those things I feel guilty about	3	2	1
18	I do not worry about being rejected by others	3	2	1
19	I cannot forgive myself for something I did	1	2	3
20	I am not overly sensitive of critical statements from others	3	2	1
21	I don't deserve happiness	1	2	3
22	I try not to punish myself by feeling guilty	3	2	1
23	I have moved on from my feelings of regret	3	2	1
24	I am often too perfectionistic	1	2	3
25	I feel like I am fulfilling all of my obligations	3	2	1
		Coping with Guilt Total		

### Profile Interpretation

Scales Scores	Results	Indications
59 – 75	High	You seem to have a realistic and even healthy relationship with guilt. You seem to be coping with your guilty feelings and may even be using them for self-growth.
42 – 58	Moderate	You have some skills in coping with your guilty feelings, potentially however, guilt interferes with your emotional health and relationships on occasion. Continue to hone your coping skills and gain new strategies.
24 – 41	Low	You tend to have difficulty in coping with your guilt. Very likely your guilt in interfering with your quality of life and relationships. Learn and practice strategies to help manage your guilt and be realistic about the experience. Be patient, it is a practice that takes time. You might seek professional help in developing these new strategies.
0 – 23	Good	You are aware of your thoughts and emotions and generally maintain a healthy sense of self. It is important to periodically evaluate how you think and respond to situations and the relationships in your life.