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.

<table>
<thead>
<tr>
<th>Never</th>
<th>Seldom</th>
<th>Occasionally</th>
<th>Often</th>
<th>Always</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Never</th>
<th>Seldom</th>
<th>Occasionally</th>
<th>Often</th>
<th>Always</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Never</th>
<th>Seldom</th>
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<tbody>
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</table>

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 help 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.

<table>
<thead>
<tr>
<th>Didn’t Happen/Does Not Apply to me</th>
<th>No Shame</th>
<th>Slight Shame</th>
<th>Moderate Shame</th>
<th>Considerable Shame</th>
<th>Extreme Shame</th>
</tr>
</thead>
<tbody>
<tr>
<td>X</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

Rate 0-4 A time when I …

_____ 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

http://dx.doi.org/10.1007/s10862-009-9172-y
Rate
0-4
A time when I …

_____ 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

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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:__________