

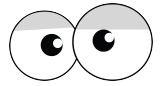
Shame Assessment

How often do you interact with shame?

On scale from 0 – 4, with 0 being never and 4 being all the time. Score yourself on the following statements:

0 = never 1 = rarely 2 = sometimes 3 = often 4 = always or all the time

1. I feel unworthy 0 1 2 3 4
2. I feel unlovable 0 1 2 3 4
3. I feel undeserving 0 1 2 3 4
4. I feel like I am not enough 0 1 2 3 4
5. I feel like something is wrong with me 0 1 2 3 4
6. I feel broken 0 1 2 3 4
7. I feel like I'm the only one 0 1 2 3 4
8. I feel alone 0 1 2 3 4
9. I feel like I don't belong 0 1 2 3 4
10. I feel my emotions in cerebral way 0 1 2 3 4
11. I feel anxious 0 1 2 3 4
12. I feel lost 0 1 2 3 4
13. I feel like a failure 0 1 2 3 4
14. I feel numb and disconnected from my feelings 0 1 2 3 4
15. I feel I have not accomplished much with my life 0 1 2 3 4
16. I feel worthless if I'm not in a romantic relationship 0 1 2 3 4
17. I feel worthless if I'm not receiving sexual attention 0 1 2 3 4
18. I do not feel free to be myself 0 1 2 3 4
19. I sense deep sorrow inside me 0 1 2 3 4
20. I always had to be perfect 0 1 2 3 4
21. I grew up experiencing neglect 0 1 2 3 4
22. I strategize to get people to love me 0 1 2 3 4
23. I have all or nothing reactions 0 1 2 3 4
24. My feelings get hurt easily 0 1 2 3 4
25. I dwell on negative thoughts, feelings or memories 0 1 2 3 4
26. I have to hide who I am 0 1 2 3 4
27. I struggle with boundaries 0 1 2 3 4
28. I have difficulty feeling what's in my heart 0 1 2 3 4
29. I take things personally 0 1 2 3 4
30. I denied my feelings growing up 0 1 2 3 4
31. I am critical of my body's appearance 0 1 2 3 4
32. I'm embarrassed about mistakes I've made 0 1 2 3 4
33. I fear other people's judgment 0 1 2 3 4
34. I'm afraid people will find out things I keep secret 0 1 2 3 4
35. I do not talk about my past 0 1 2 3 4
36. I do not feel understood 0 1 2 3 4
37. I struggle with being authentic 0 1 2 3 4
38. I struggle with being emotionally honest with myself 0 1 2 3 4



39. Growing up there was mental illness in my home 0 1 2 3 4
40. My inner voice is harsh and critical 0 1 2 3 4
41. I'm embarrassed by my family 0 1 2 3 4
42. I experienced mean teasing as a child 0 1 2 3 4
43. I do not speak to myself with compassion, empathy or patience 0 1 2 3 4
44. I use self-deprecating humor as a defense 0 1 2 3 4
45. I please people 0 1 2 3 4
46. I have difficulty creating and maintaining intimacy 0 1 2 3 4
47. I'm embarrassed by not making enough money 0 1 2 3 4
48. I lack confidence 0 1 2 3 4
49. I judge other people 0 1 2 3 4
50. I work to get people to love me 0 1 2 3 4
51. I was bullied growing up 0 1 2 3 4
52. I was a bully growing up 0 1 2 3 4
53. I was made into the problem 0 1 2 3 4
54. I grew up with substance abuse (including alcohol) in my home 0 1 2 3 4
55. I grew up with domestic violence in my home 0 1 2 3 4
56. I felt as though I caused a lot of problems in my family 0 1 2 3 4
57. I struggle with addiction 0 1 2 3 4
58. I experienced abuse as a child 0 1 2 3 4
59. I experienced sexual assault 0 1 2 3 4
60. I grew up never feeling safe 0 1 2 3 4

Scoring and Results:

For questions 51 – 60, double that answer. For example if you answered 2 for question 51, then your score is a 4. Add up the total score for all the questions. The results for how often you interact with shame are as follows:

0 – 50 Very Little: This score indicates you feel very little shame. Shame is not a barrier for you.

51 – 100 Here and There: This score indicates you feel shame from here and there. You have some shame awareness. Shame may catch and you shoo it away. You do not like how shame feels but you likely do not let it impede you.

101 – 150 Regularly: This score indicates that shame may be impeding you. Shame is a powerful and painful feeling. It can be a barrier for achieving what you desire. Intellectually you know you're worthy and capable. But you don't necessarily feel that way. Learning to resolve shame would give you a new sense of confidence and freedom. Resolving shame removes barriers to having a deeper connection. You may want to consider working with a professional who provide you tools to help remove shame as a barrier.

151 – 261 Interwoven: This score indicates that shame has interwoven itself into your life. You've looked too long into shame's broken mirror and believe what you see. Your heart and soul would soar knowing you are safe, precious and lovable. You must reclaim your life and identity back from shame. You may want to consider working with a professional who could assist you further on reclaiming and healing yourself.

*If you scored on anything other than a zero for questions 51-60, shame may have become part of your identity. You may want to consider working with a professional to look into how shame affects you. Questions 51 - 60 are stronger indicators for shame.