

SHAME QUESTIONNAIRE

Be honest with yourself - It's not shameful to have shame!

I sometimes lay awake at night rehashing conversations I've had with people

I think my spouses and childrens' behavior/dress /appearance are a reflection on me

I am embarrassed by my family if they do not behave "good, right and perfect"

I worry about what other people will think

I judge everything I think, say or do harshly as never "good enough" - I often disappoint myself

I sometimes hear myself calling myself dumb, lazy, irresponsible, selfish...

I feel uncomfortable when someone compliments me or gives me gifts

I have a hard time asking for help - I do not like to be dependent on others, I prefer to help others

I prefer to do things myself then I know they will be done right / people often disappoint me

I ask for help and have other people do things for me because I don't think I am able to do these things

I value others' approval of my thinking, feelings, and behaviors over my own, but then negate their feedback

I do not perceive myself as particularly lovable or worthwhile

I feel "bad" about spending money on myself, taking time for myself...

I feel "bad" when I have to say "no" to someone, or cannot help someone out

I really hate the way I look

If something goes wrong my first thought is, "what did I do wrong?" I fear being "caught out."

I tend to assess and scrutinize my behavior carefully and get upset when I make a mistake

I tend to say "I'm sorry" a great deal or I cannot say I am sorry - it sticks in my throat to do so

I don't like to make a fool of myself. I'm afraid of making a fool of myself

I feel terrible if someone disapproves of me, disagrees with me, judges me or criticizes me

I tend to worry about what other people think and then find myself saying, "I don't care what they think!"

I get a lot of praise and affirmation but people don't really know me / I feel like an imposter

I believe there is a right way and wrong way to do things

If you are going to do something you should do it the right way or not bother

I sometimes feel confused about who is to blame in a situation

I get sad when no-one seems to notice or appreciate how much I do

All I ever wanted in life is to be loved

No matter how much I do, I never feel as if I have done enough - it is hard for me to relax

I find myself worrying about what needs to be done or worrying about the silliest things

Any kind of personal failure is the worst thing I can think of - I wish I had done better in life

It is hard for me to follow through and finish tasks / I tend to procrastinate / postpone decisions

I sometimes find myself comparing myself to others and feeling inadequate

I feel safe only when I achieve highly, do things perfectly, know everything and present immaculately

I worry a great deal about the future

I caretake others, give advice, am helpful and kind to others as a way of feeling safe and in control

I attack, blame, judge and criticize others - I find fault in everything others do

Life is disappointing and people are too

I find myself either feeling superior, or inferior

I use substances or addictive behaviors to alleviate anxiety

I feel depressed and anxious a lot of the time

Write down everything you can think of that you do not like about yourself and see how underlying your judgments and criticism is the inner child that feels shame

Add your own symptoms of shame - we all express it in idiosyncratic ways.