

Guilt and Shame Experience Scale (GSES)

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To what degree do you agree with the following statement?

		Not at all	A little bit	Somewhat	Significantly
1.	I feel guilty, even though I do not know exactly where it is coming from.	1	2	3	4
2.	If I do anything wrong, I have to think about it all the time	1	2	3	4
3.	There are moments when I would rather sink without trace.	1	2	3	4
4.	When I do something wrong, I feel an exaggerated feeling of guilt.	1	2	3	4
5.	I am losing hope that I will ever be a good person.	1	2	3	4
6.	I blame myself even for things that other people do not think of.	1	2	3	4
7.	I experience moments when I cannot even look at myself.	1	2	3	4
8.	I feel the need to explain or apologize for the reasons of my actions.	1	2	3	4

Subscales:

Items 1, 3, 5 and 7 belong to the Shame subscale.

Items 2, 4, 6 and 8 belong to the Guilt subscale.