

Are You Prone to Shame and Guilt? (The Guilt and Shame Proneness Scale, GASP)

Instructions

Shame and guilt are two self-conscious emotions, triggered by (usually) negative evaluations and assessments of oneself and of one's behaviours. In this questionnaire you will read about situations that people are likely to encounter in day-to-day life, followed by common reactions to those situations. As you read each scenario, try to imagine yourself in that situation. Then indicate the likelihood that you would react in the way described.

	Very unlikely	Unlikely	Slightly Unlikely	About 50% Likely	Slightly Likely	Likely	Very Likely
1. After realizing you have received too much change at a store, you decide to keep it because the salesclerk doesn't notice. What is the likelihood that you would feel uncomfortable about keeping the money?							
2. You are privately informed that you are the only one in your group that did not make the honor society because you skipped too many days of school. What is the likelihood that this would lead you to become more responsible about attending school?							
3. You rip an article out of a journal in the library and take it with you. Your teacher discovers what you did and tells the librarian and your entire class. What is the likelihood that this would make you would feel like a bad person?							
4. After making a big mistake on an important project at work in which people were depending on you, your boss criticizes you in front of your coworkers. What is the likelihood that you would feign sickness and leave work?							
5. You reveal a friend's secret, though your friend never finds out. What is the likelihood that your failure to keep the secret would lead you to exert extra effort to keep secrets in the future?							
6. You give a bad presentation at work. Afterwards your boss tells							

your coworkers it was your fault that your company lost the contract. What is the likelihood that you would feel incompetent?							
7. A friend tells you that you boast a great deal. What is the likelihood that you would stop spending time with that friend?							
8. Your home is very messy and unexpected guests knock on your door and invite themselves in. What is the likelihood that you would avoid the guests until they leave?							
9. You secretly commit a felony. What is the likelihood that you would feel remorse about breaking the law?							
10. You successfully exaggerate your damages in a lawsuit. Months later, your lies are discovered and you are charged with perjury. What is the likelihood that you would think you are a despicable human being?							
11. You strongly defend a point of view in a discussion, and though nobody was aware of it, you realize that you were wrong. What is the likelihood that this would make you think more carefully before you speak?							
12. You take office supplies home for personal use and are caught by your boss. What is the likelihood that this would lead you to quit your job?							
13. You make a mistake at work and find out a coworker is blamed for the error. Later, your coworker confronts you about your mistake. What is the likelihood that you would feel like a coward?							
14. At a coworker's housewarming party, you spill red wine on their new cream-colored carpet. You cover the stain with a chair so that nobody notices your mess. What is the likelihood that you would feel that the way you acted was pathetic?							
15. While discussing a heated subject with friends, you suddenly realize you are shouting though nobody seems to notice. What is the likelihood that you would try to act more considerately toward your friends?							
16. You lie to people but they never find out about it. What is the							

likelihood that you would feel terrible about the lies you told?								
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Scoring

Total Guilt-Negative-Behaviour Evaluation (Guilt-NBE) = Average Items 1, 9, 14 and 16

Total Guilt-Repair = Average Items 2, 5, 11 and 15

Total Shame-Negative Self-Evaluation (Shame-NSE) = Average Items 3, 6, 10 and 13

Total Shame-Withdraw = Average Items 4, 7, 8 and 12

Interpretation

Guilt-NBE relates to how badly one thinks of one's actions and/or behaviours, while guilt-repair pertains to the individual's intentions to make amends for one's transgressions. Shame-NSE refers to how badly one thinks of oneself, while shame-withdraw relates to action tendencies to hide or withdraw from public. A sample of 862 respondents (184 men and 678) women showed that men average 5.11 for guilt-NBE and 5.46 for guilt-repair. Men averaged 5.21 for shame-NSE and 3.16 for shame-withdraw. Women averaged 5.67 for guilt-NBE and 5.71 for guilt-repair. Women averaged 5.73 for shame-NSE and 2.99 for shame-withdraw. From this study, women scored significantly higher than men on guilt-NSE, guilt-repair, and shame-NSE.

Reference

Cohen, T. R., Wolf, S. T., Panter, A. T., & Insko, C. A. (2011). Introducing the GASP scale: a new measure of guilt and shame proneness. *Journal of Personality and Social Psychology, 100*(5), 947-966.