

Self-Assessment for Shame

Shame is a negative emotion resulting from feelings of personal inadequacy. It deprives one of the ability to fully express one's self and contributes to a belief that one has lesser value than others. The following test can help you assess if you're struggling with shame.

For each question below answer "Yes" if it's generally true of you, "No" if it's generally not true of you, or "Sometimes" if it is sometimes true.

	Yes	No	Sometimes	
1.	Yes	No	Sometimes	I have been told that I have poor eye contact, slump my shoulders, or blush easily.
2.	Yes	No	Sometimes	It is easy for me to criticize members of my family, people at work, or myself.
3.	Yes	No	Sometimes	I have a difficult time believing that someone could fully love and accept me.
4.	Yes	No	Sometimes	I get defensive when others criticize me.
5.	Yes	No	Sometimes	I don't accept compliments very well.
6.	Yes	No	Sometimes	When I am lost, I find it difficult to ask for directions or help.
7.	Yes	No	Sometimes	When I make mistakes, I feel bad for hours or even days.
8.	Yes	No	Sometimes	I find it difficult that other will meet my needs.
9.	Yes	No	Sometimes	When things go wrong, I have a difficult time accepting blame.
10.	Yes	No	Sometimes	I cannot talk with my family or friends about my fears and disappointments.
11.	Yes	No	Sometimes	I feel down, hopeless, and overwhelmed most of the time.
12.	Yes	No	Sometimes	I feel like I get angrier or angry more often than most people.
13.	Yes	No	Sometimes	I find it difficult to relax without feeling guilty

14.	Yes	No	Sometimes	I take myself too seriously.
15.	Yes	No	Sometimes	I feel things must be done my way.
16.	Yes	No	Sometimes	When I am with my family I rarely feel as if I am treated as an adult.
17.	Yes	No	Sometimes	Growing up I received little to no support or praise for my accomplishments.
18.	Yes	No	Sometimes	I feel embarrassed or humiliated by certain things from my past.
19.	Yes	No	Sometimes	I have secrets that would surprise and shock others.
20.	Yes	No	Sometimes	I have great difficulty getting close to people.
21.	Yes	No	Sometimes	My family did not encourage or nurture my self worth.
22.	Yes	No	Sometimes	I never allow myself to get angry.
23.	Yes	No	Sometimes	As a child I felt neglected or abused.
24.	Yes	No	Sometimes	I have difficulty holding a job or maintaining a friendship for a long period of time.
25.	Yes	No	Sometimes	I am sure that I have addictive qualities in my personality.
26.	Yes	No	Sometimes	If someone does me a favor, I worry about having to return it.
27.	Yes	No	Sometimes	I rarely reveal my feelings.
28.	Yes	No	Sometimes	I was teased and called names when I was young.

If you identify with several of these symptoms or are dissatisfied with your relationships or yourself, then speaking with a professional might be helpful.

References: Shame Test – The British Association of Anger Management