

## State Shame and Guilt Scale (SSGS)

The SSGS is a self-rating scale of in-the-moment (state) feelings of shame, and guilt experiences. Ten items (five for each of the two subscales) are rated on a 5-point scale Likert scale. The following are some statements which may or may not describe how you are feeling **right now**. Please rate each statement using the 5-point scale below. Remember to rate each statement based on how you are feeling **right at this moment**.

	Not feeling this way at all		Feeling this way somewhat		Feeling this way very strongly
1. I want to sink into the floor and disappear.	1	-----	2	-----	3 ----- 4 ----- 5
2. I feel remorse, regret.	1	-----	2	-----	3 ----- 4 ----- 5
3. I feel small.	1	-----	2	-----	3 ----- 4 ----- 5
4. I feel tension about something I have done.	1	-----	2	-----	3 ----- 4 ----- 5
5. I feel like I am a bad person.	1	-----	2	-----	3 ----- 4 ----- 5
6. I cannot stop thinking about something bad I have done.	1	-----	2	-----	3 ----- 4 ----- 5
7. I feel humiliated, disgraced.	1	-----	2	-----	3 ----- 4 ----- 5
8. I feel like apologizing, confessing.	1	-----	2	-----	3 ----- 4 ----- 5
9. I feel worthless, powerless.	1	-----	2	-----	3 ----- 4 ----- 5
10. I feel bad about something I have done.	1	-----	2	-----	3 ----- 4 ----- 5

**Scoring Each scale consists of 5 items:**

**Shame** - Items 1, 3, 5, 7, 9

**Guilt** - Items 2, 4, 6, 8, 10

All items are scored in a positive direction.

Total Shame (25 max): \_\_\_\_\_

Total Guilt (25 max): \_\_\_\_\_

**References**

Marschall, D. E. (1996). Effects of induced shame on subsequent empathy and altruistic behavior. Unpublished master's thesis, George Mason University, Fairfax, VA.

Marschall, D. Saftner, J., & Tangney, J. P. (1994). The State Shame and Guilt Scale. George Mason University, Fairfax, VA.