

Internalized Shame Scale – Items

Cook DR. Internalized Shame Scale: Professional manual. Menomonie, WI: Channel Press; 1994.

1. I feel like I am never quite good enough
2. I feel somehow left out
3. I think that people look down on me
4. All in all, I am inclined to feel that I am a success
5. I scold myself and put myself down
6. I feel insecure about others' opinion of me
7. Compared to other people, I feel that I somehow never measure up
8. I see myself as being very small and insignificant
9. I feel I have much to be proud of
10. I feel intensely inadequate and full of self-doubt
11. I feel as if I am somehow defective as a person, like there is something basically wrong with me
12. When I compare myself with others I am just not as important
13. I have an overpowering dread that my faults will be revealed in front of others
14. I feel that I have a number of good qualities
15. I see myself as striving for perfection only to continually fall short
16. I think that others are able to see my defects
17. I could beat myself over the head with a club when I make a mistake
18. On the whole, I am satisfied with myself
19. I would like to shrink away when I make a mistake
20. I replay painful events over and over in my mind until I am overwhelmed
21. I feel I am a person of worth at least on an equal plane with others
22. At times I feel I will break into a thousand pieces
23. I feel as if I have lost control over my body functions and my feelings
24. Sometimes I feel no bigger than a pea
25. At times I feel so exposed that I wish the earth would open up and swallow me
26. I have this painful gap within me that I have not been able to fill
27. I feel empty and unfulfilled
28. I take a positive attitude toward myself
29. My loneliness is more like emptiness
30. I feel like there is something missing

Note: 3 factors of shame were identified as: "Inadequacy", "Emptiness", and "Vulnerability".