

Guilt and Shame Proneness Scale (GASP)

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The Guilt and Shame Proneness scale (GASP) measures individual differences in the propensity to experience guilt and shame across a range of personal transgressions. The GASP contains four four-item subscales: Guilt-Negative-Behavior-Evaluation (Guilt-NBE), Guilt-Repair, Shame-Negative-Self-Evaluation (Shame-NSE), and Shame-Withdraw.

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If you plan to use the GASP for research purposes, please cite the following article:

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For further background information regarding the development of the GASP, see:

Wolf, S. T., Cohen, T. R., Panter, A. T., & Insko, C. A. (2010). Shame proneness and guilt proneness: Toward the further understanding of reactions to public and private transgressions. *Self & Identity*, 9, 337-362. doi: 10.1080/15298860903106843

GASP SCORING: The GASP is scored by summing or averaging the four items in each subscale.

Guilt-Negative-Behavior-Evaluation (NBE): 1, 9, 14, 16

Guilt-Repair: 2, 5, 11, 15

Shame-Negative-Self-Evaluation (NSE): 3, 6, 10, 13

Shame-Withdraw: 4, 7, 8, 12

**Note:* We recommend that researchers examine the effects of each GASP subscale individually as opposed to including them all in a multiple regression analysis. Including all four subscales in the same analysis could result in multicollinearity problems that obscure statistical tests.

Instructions: 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.

1	2	3	4	5	6	7
<i>Very Unlikely</i>	<i>Unlikely</i>	<i>Slightly Unlikely</i>	<i>About 50% Likely</i>	<i>Slightly Likely</i>	<i>Likely</i>	<i>Very Likely</i>

_____ 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?