## **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:

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. doi: 10.1037/a0022641

## 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

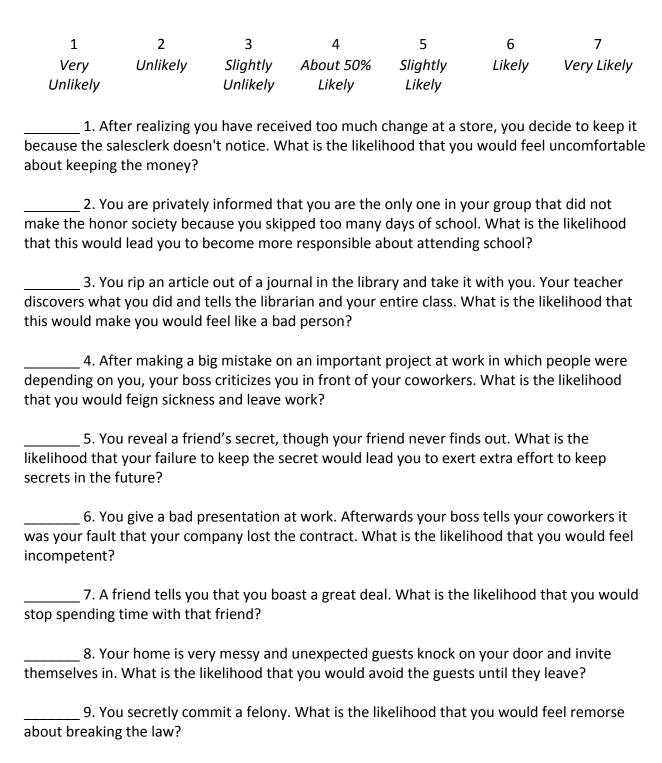
Guilt-Repair: 2, 5, 11, 15

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.



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 s 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 ike 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 ikelihood 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?