

SHAME-ORIENTED PATTERNS

1. I often feel like something is wrong with me at a deep level.

Not True
At All

Slightly
True

Somewhat
True

Mostly
True

Very
True

2. I feel exposed or unworthy when others truly see me.

Not True
At All

Slightly
True

Somewhat
True

Mostly
True

Very
True

3. I hide parts of myself because I fear being rejected or misunderstood.

Not True
At All

Slightly
True

Somewhat
True

Mostly
True

Very
True

4. I struggle to forgive myself for things I've done or failed to do.

Not True
At All

Slightly
True

Somewhat
True

Mostly
True

Very
True

5. I feel I have to earn love or prove my worth.

Not True
At All

Slightly
True

Somewhat
True

Mostly
True

Very
True

6. I believe I am fundamentally not enough.

Not True
At All

Slightly
True

Somewhat
True

Mostly
True

Very
True

GUILT-ORIENTED PATTERNS

1. I often replay past choices and wish I had done things differently.

Not True
At All

Slightly
True

Somewhat
True

Mostly
True

Very
True

2. I feel responsible for others' pain, even when it wasn't entirely my fault.

Not True
At All

Slightly
True

Somewhat
True

Mostly
True

Very
True

3. I apologize often—even when I'm not sure what I did wrong.

Not True
At All

Slightly
True

Somewhat
True

Mostly
True

Very
True

4. I feel uncomfortable receiving forgiveness or compassion.

Not True
At All

Slightly
True

Somewhat
True

Mostly
True

Very
True

5. I struggle to move on from mistakes or perceived failures.

Not True
At All

Slightly
True

Somewhat
True

Mostly
True

Very
True