

APPENDIX
 The Guilt Sensitivity Scale (GSS)

Instructions:

Below you can find a list of sentences, that describe how people feel about themselves. Please, read each sentence carefully and decide whether it describes how you feel or act. Please, rate how true each statement is for you by circling a number from 1 (*never true*) to 7 (*always true*). Use the scale below to make your choice. Remember that there are no wrong or right answers. You choose the answer that best describes how you feel.

1	2	3	4	5	6	7
<i>never true</i>	<i>almost never true</i>	<i>usually not true</i>	<i>occasionally true</i>	<i>often true</i>	<i>almost always true</i>	<i>always true</i>

1.	Sometimes it is normal being guilty	1	2	3	4	5	6	7
2.	I do not worry about being guilty or deserving a reprimand	1	2	3	4	5	6	7
3.	It seems to me that most people tolerate to be possibly judged guilty more peacefully than me	1	2	3	4	5	6	7
4.	I try to avoid being guilty in every possible way	1	2	3	4	5	6	7
5.	If I did not worry about being judged guilty, I would live more peacefully.	1	2	3	4	5	6	7
6.	The fear to be guilty for something bad does not affect the things I do and the way I live my life	1	2	3	4	5	6	7
7.	Deserving to be judged guilty by someone else is painful	1	2	3	4	5	6	7
8.	If I could magically remove all the experiences where I behaved badly in life, I would live more peacefully	1	2	3	4	5	6	7
9.	I am not afraid to be scolded	1	2	3	4	5	6	7
10.	I have the impression that most people tolerate guilt better than me.	1	2	3	4	5	6	7