**Parental Bonding Instrument**

This questionnaire lists various attitudes and behaviours of parents. As you remember your PARENT (Mother/Father) in your first 16 years, please select the most appropriate response to each statement.

When I was growing up, my mother/father...

1. Spoke to me in a warm and friendly voice
2. Did not help me as much as I needed
3. Let me do those things I liked doing
4. Seemed emotionally cold to me
5. Appeared to understand my problems and worries
6. Was affectionate to me
7. Liked me to make my own decisions
8. Did not want me to grow up
9. Tried to control everything I did
10. Invaded my privacy
11. Enjoyed talking things over with me
12. Frequently smiled at me
13. Tended to baby me
14. Did not seem to understand what I needed or wanted
15. Let me decide things for myself
16. Made me feel I wasn't wanted
17. Could make me feel better when I was upset
18. Did not talk with me very much
19. Tried to make me feel dependent on her
20. Felt I could not look after myself unless she was around
21. Gave me as much freedom as I wanted
22. Let me go out as often as I wanted
23. Was overprotective of me
24. Did not praise me
25. Let me dress in any way I pleased

**Childhood Experiences of Emotions**

Please think about your mother or main caregiver when you were growing up. At this time, what message did you get from them about your own negative thoughts and feelings? They may not have said anything directly but you may have been able to guess from how they acted. We are interested in the impression that you gained as a child, even if now you may think differently. Please tick a box to indicate your best guess.

As a child, I got the impression from my mother or main caregiver that…

1. It is a sign of weakness if I have miserable thoughts.
2. If I have difficulties, I should not admit them to others.
3. If I lose control of my emotions in front of others, they will think less of me.
4. I should be able to control my emotions.
5. If I am having difficulties it is important to put on a brave face.
6. If I show signs of weakness, then others will reject me.
7. I should not let myself give in to negative feelings.
8. I should be able to cope with difficulties on my own without turning to others for support.
9. To be acceptable to others, I must keep any difficulties or negative feelings to myself.
10. It is stupid to have miserable thoughts.
11. It would be a sign of weakness to show my emotions in public.
12. Others expect me to always be in control of my emotions.

**Parental Expectations Subscale**

Please indicate your level of agreement or disagreement with the following statements.

1. My parents set very high standards for me.
2. My parents wanted me to be the best at everything.
3. Only outstanding performance is good enough in my family.
4. My parents have expected excellence from me.
5. My parents have always had higher expectations for my future than I have.

**Peer Acceptance Scale**

While I was growing up...

1. Most of the kids I knew liked me
2. I didn't have many friends
3. I usually found it easy to make new friends
4. I was not very popular

**The Relationships Questionnaire**

Following are descriptions of four general relationship styles that people often report. Please rate each of the following relationship styles according to the 'extent' to which you think each description corresponds to your general relationship style.

1. It is easy for me to become emotionally close to others. I am comfortable depending on them and having them depend on me. I don't worry about being alone or having others not accept me.
2. I am uncomfortable getting close to others. I want emotionally close relationships, but I find it difficult to trust others completely, or to depend on them. I worry that I will be hurt if I allow myself to become too close to others.
3. I want to be completely emotionally intimate with others, but I often find that others are reluctant to get as close as I would like. I am uncomfortable being without close relationships, but I sometimes worry that others don't value me as much as I value them.
4. I am comfortable without close emotional relationships, it is very important to me to feel independent and self-sufficient, and I prefer not to depend on others or have others depend on me.

**The Compass of Shame Scale**

Below is a list of statements describing situations you may experience from time to time. Following each situation are four statements describing possible reactions to the situation. Read each statement carefully and indicate the frequency with which you find yourself reacting in that way. Please respond to all four items for each situation.

(AO= Attack Other, AS= Attack Self, AV= Avoidance, WD= Withdrawal)

A- When an activity makes me feel like my strength or skill is inferior:

1. I act as if it isn't so. (AV)
2. I get mad at myself for not being good enough. (AS)
3. I withdraw from the activity. (WD)
4. I get irritated with other people. (AO)

B- In competitive situations where I compare myself with others:

1. I criticize myself. (AS)
2. I try not to be noticed. (WD)
3. I feel ill will toward the others. (AO)
4. I exaggerate my accomplishments. (AV)

C- In situations where I feel insecure or doubt myself:

1. I shrink away from others. (WD)
2. I feel others are to blame for making me feel that way. (AO)
3. I act more confident than I am. (AV)
4. I feel irritated with myself. (AS)

D- At times when I am unhappy with how I look:

1. I take it out on other people. (AO)
2. I pretend I don't care. (AV)
3. I feel annoyed at myself. (AS)
4. I keep away from other people. (WD)

E- When I make an embarrassing mistake in public:

1. I hide my embarrassment with a joke. (AV)
2. I feel like kicking myself. (AS)
3. I wish I could become invisible. (WD)
4. I feel annoyed at people for noticing. (AO)

F- When I feel lonely or left out:

1. I blame myself. (AS)
2. I pull away from others. (WD)
3. I blame other people. (AO)
4. I don't let it show. (AV)

G- When I feel others think poorly of me:

1. I want to escape their view. (WD)
2. I want to point out their faults. (AO)
3. I deny there is any reason for me to feel bad. (AV)
4. I dwell on my shortcomings. (AS)

H- When I think I have disappointed other people:

1. I get mad at them for expecting so much from me. (AO)
2. I cover my feelings with a joke. (AV)
3. I get down on myself. (AS)
4. I remove myself from the situation. (WD)

I- When I feel rejected by someone:

1. I soothe myself with distractions. (AV)
2. I brood over my flaws. (AS)
3. I avoid them. (WD)
4. I get angry with them. (AO)

J- When other people point out my faults:

1. I feel like I can't do anything right. (AS)
2. I want to run away. (WD)
3. I point out their faults. (AO)
4. I refuse to acknowledge those faults. (AV)

K- When I feel humiliated:

1. I isolate myself from other people. (WD)
2. I get mad at people for making me feel this way. (AO)
3. I cover up the humiliation by keeping busy. (AV)
4. I get angry with myself. (AS)

L- When I feel guilty:

1. I push the feeling back on those who make me feel this way. (AO)
2. I disown the feeling. (AV)
3. I put myself down. (AS)
4. I want to disappear. (WD)

**The Experience of Shame Scale**

Everybody at times can feel embarrassed, self-conscious or ashamed. These questions are about such feelings if they have occurred at any time in the past year. There are no 'right' or 'wrong' answers. Please indicate the response which applies to you with a click.

1. Have you felt ashamed of any of your personal habits?
2. Have you worried about what other people think of any of your personal habits?
3. Have you tried to cover up or conceal any of your personal habits?
4. Have you felt ashamed of your manner with others?
5. Have you worried about what other people think of your manner with others?
6. Have you avoided people because of your manner?
7. Have you felt ashamed of the sort of person you are?
8. Have you worried about what other people think of the sort of person you are?
9. Have you tried to conceal from others the sort of person you are?
10. Have you felt ashamed of your ability to do things?
11. Have you worried about what other people think of your ability to do things?
12. Have you avoided people because of your inability to do things?
13. Do you feel ashamed when you do something wrong?
14. Have you worried about what other people think of you when you do something wrong?
15. Have you tried to cover up or conceal things you felt ashamed of having done?
16. Have you felt ashamed when you said something stupid?
17. Have you worried about what other people think of you when you said something stupid?
18. Have you avoided contact with anyone who knew you said something stupid?
19. Have you felt ashamed when you failed in a competitive situation?
20. Have you worried about what other people think of you when you failed in a competitive situation?
21. Have you avoided people who have seen you fail?
22. Have you felt ashamed of your body or any part of it?
23. Have you worried about what other people think of your appearance?
24. Have you avoided looking at yourself in the mirror?
25. Have you wanted to hide or conceal your body or any part of it?