

Table 7. The Personal Feelings Questionnaire (PFQ-2). Two Factor Analysis of the PFQ2

The Personal Feelings Questionnaire (PFQ-2)				
Item	Original Affect Scale for Item	Factor 1 Guilt (29.0% Variance)	Factor 2 Shame (11.4% of Variance)	
1. Embarrassed	S	–	.49	
2. Mild guilt	G	.61	–	
3. Feeling ridiculous	S	–	.62	
4. Worry about hurting or injuring someone	G	.69	–	
5. Self-consciousness	S	.59	–	
6. Feeling humiliated	S	.50	–	
7. Intense guilt	G	.75	–	
8. Feeling “stupid”	S	.40	.68	
9. Regret	G	.54	–	
10. Feeling “childish”	S	–	.72	
11. Feeling helpless, paralyzed	S	–	.55	
12. Feelings of blushing	S	–	.41	
13. Feeling you deserve criticism for what you did	G	.54	–	
14. Feeling laughable	S	–	.76	
15. Feeling disgusting to others	S	–	.58	
16. Remorse	G	.47	–	

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Item	Original Affect Scale for Item	Factor 1 Guilt (29.0% Variance)	Factor 2 Shame (11.4% of Variance)

Harder, D. H., & Zalma, A. (1990). Two Promising Shame and Guilt Scales: A Construct Validity Comparison. *Journal of Personality Assessment*, 55(3–4), 729–745. <https://doi.org/10.1080/00223891.1990.9674108>