

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<br>Affect Scale<br>for Item | Factor 1 Guilt<br>(29.0% Variance) | Factor 2 Shame<br>(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>