

Table 8. *The Other as Shamer Scale (OAS)*

The Other as Shamer Scale (OAS)	
Item	
1.	I feel other people see me as not good enough.
2.	I think that other people look down on me
3.	Other people put me down a lot
4.	I feel insecure about others opinions of me
5.	Other people see me as not measuring up to them
6.	Other people see me as small and insignificant
7.	Other people see me as somehow defective as a person
8.	People see me as unimportant compared to others
9.	Other people look for my faults
10	People see me as striving for perfection but being unable to reach my own standards
11	I think others are able to see my defects
12	Others are critical or punishing when I make a mistake

The Other as Shamer Scale (OAS)

Item

- 13 People distance themselves from me when I make mistakes
- 14 Other people always remember my mistakes
- 15 Others see me as fragile
- 16 Others see me as empty and unfulfilled
- 17 Others think there is something missing in me
- 18 Other people think I have lost control over my body and feelings

Allan, S., Gilbert, P., & Goss, K. (1994). An exploration of shame measures—II: psychopathology. *Personality and Individual Differences*, 17(5), 719–722. [https://doi.org/10.1016/0191-8869\(94\)90150-3](https://doi.org/10.1016/0191-8869(94)90150-3)