

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)