**Guilt Management Scale (GMS)**

For the purposes of this measure, guilt has been defined as a type of negative thought that just ‘pops’ into one’s head. It is considered to be *a real or imagined violation of personal morals in which people believe that their action (or inaction) contributed to negative outcomes.*

Below are a number of statements that concern different coping strategies that people use to deal with their current guilty thoughts. Please respond to each statement by indicating how often you use each coping strategy, generally, to deal with any current guilty thoughts you experience. Circle the most relevant answer for each statement. Please only select one answer. There are no right or wrong answers so please choose the most accurate answer for YOU. Please answer every question.

I try to ignore my thoughts

1 2 3 4

 Never Sometimes Often Almost Always

I distract myself from the though by doing other things

 1 2 3 4

 Never Sometimes Often Almost Always

I think of how other people have done worse things

1 2 3 4

 Never Sometimes Often Almost Always

I try and push the thought away

1 2 3 4

 Never Sometimes Often Almost Always

I ask God for forgiveness

1 2 3 4

 Never Sometimes Often Almost Always

*I use alcohol / drugs to block out the thoughts\**

1 2 3 4

 Never Sometimes Often Almost Always

I try to learn from my mistakes to make good choices now

1 2 3 4

 Never Sometimes Often Almost Always

I torture myself with my guilty thoughts

1 2 3 4

 Never Sometimes Often Almost Always

I watch my thoughts without getting lost in them

1 2 3 4

 Never Sometimes Often Almost Always

I tell myself I am a bad person

1 2 3 4

 Never Sometimes Often Almost Always

*I think about something positive instead\**

1 2 3 4

 Never Sometimes Often Almost Always

I follow my faith to correct the wrong I think I have done

1 2 3 4

 Never Sometimes Often Almost Always

I do something good to make up for it

1 2 3 4

 Never Sometimes Often Almost Always

*I use relaxation / meditation to cope with my guilt thoughts\**

1 2 3 4

 Never Sometimes Often Almost Always

I confess my guilt to other relevant people

1 2 3 4

 Never Sometimes Often Almost Always

I try to learn from my mistakes and not repeat them in the future

1 2 3 4

 Never Sometimes Often Almost Always

I think about what I could have done instead

1 2 3 4

 Never Sometimes Often Almost Always

I think about the steps I need to take to sort the problem/situation out

1 2 3 4

 Never Sometimes Often Almost Always

I punish myself as a reaction to my guilty thoughts

1 2 3 4

 Never Sometimes Often Almost Always

*I think about why it is not reasonable for me to having guilty thoughts\**

1 2 3 4

 Never Sometimes Often Almost Always

I seek reassurance and/or advice from friends and family

1 2 3 4

 Never Sometimes Often Almost Always

I find ways to harm myself, mentally or physically

1 2 3 4

 Never Sometimes Often Almost Always

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| I try to think rationally about my guilty thoughts1 2 3 4 Never Sometimes Often Almost AlwaysI view my thoughts as events in my mind, not facts1 2 3 4 Never Sometimes Often Almost AlwaysI pray and ask for guidance1 2 3 4 Never Sometimes Often Almost Always |
| I concentrate on making amends or resolving the problem |
| 1 2 3 4 Never Sometimes Often Almost Always |
| I worry about my guilty thoughts |
| 1 2 3 4 Never Sometimes Often Almost Always |
| I ask other people who have had similar experiences what they did |
| 1 2 3 4 Never Sometimes Often Almost Always |
| I stay aware of my thoughts without reacting to them |
| 1 2 3 4 Never Sometimes Often Almost Always |
| I think about other regrets that I have had in life |
| 1 2 3 4 Never Sometimes Often Almost Always |
| I try to accept my thoughts as thoughts, regardless of whether they make me happy or sad1 2 3 4 Never Sometimes Often Almost Always |
| I keep my focus on the present moment and what is happening around me 1 2 3 4 Never Sometimes Often Almost Always |

\* Items in italics were deleted after the PCA and were not present in the final version of the GMS.