

Test of Self-Conscious Affect, Version 3

Below are situations that people are likely to encounter in day-to-day life, followed by several common reactions to those situations.

As you read each scenario, try to imagine yourself in that situation. Then indicate how likely you would be to react in each of the ways described. We ask you to rate all responses because people may feel or react more than one way to the same situation, or they may react different ways at different times.

For example:

A. You wake up early one Saturday morning. It is cold and rainy outside.

- a) You would telephone a friend to catch up on news. 1 2 3 4 5
not likely very likely
- b) You would take the extra time to read the paper. 1 2 3 4 5
not likely very likely
- c) You would feel disappointed that it's raining. 1 2 3 4 5
not likely very likely
- d) You would wonder why you woke up so early. 1 2 3 4 5
not likely very likely

In the above example, I've rated ALL of the answers by circling a number. I circled a "1" for answer (a) because I wouldn't want to wake up a friend very early on a Saturday morning -- so it's not at all likely that I would do that. I circled a "5" for answer (b) because I almost always read the paper if I have time in the morning (very likely). I circled a "3" for answer (c) because for me it's about half and half. Sometimes I would be disappointed about the rain and sometimes I wouldn't -- it would depend on what I had planned. And I circled a "4" for answer (d) because I would probably wonder why I had awakened so early.

Please do not skip any items -- rate all responses.

1. You make plans to meet a friend for lunch. At five o'clock, you realize you have stood your friend up.

- | | not likely | very likely |
|--|-------------------|--------------------|
| a) You would think: "I'm inconsiderate." | 1---2---3---4---5 | |
| b) You'd think you should make it up to your friend as soon as possible. | 1---2---3---4---5 | |
| c) You would think: "My boss distracted me just before lunch." | 1---2---3---4---5 | |

2. You break something at work and then hide it.

- | | not likely | very likely |
|--|-------------------|--------------------|
| a) You would think: "This is making me anxious. I need to either fix it or get someone else to." | 1---2---3---4---5 | |
| b) You would think about quitting. | 1---2---3---4---5 | |
| c) You would think: "A lot of things aren't made very well these days." | 1---2---3---4---5 | |

3. At work, you wait until the last minute to plan a project, and it turns out badly.

- | | not likely | very likely |
|---|-------------------|--------------------|
| a) You would feel incompetent. | 1---2---3---4---5 | |
| b) You would think: "There are never enough hours in the day." | 1---2---3---4---5 | |
| c) You would feel: "I deserve to be reprimanded for mismanaging the project." | 1---2---3---4---5 | |

4. You make a mistake at work and find out a co-worker is blamed for the error.

- | | not likely | very likely |
|---|-------------------|--------------------|
| a) You would think the company did not like the co-worker. | 1---2---3---4---5 | |
| b) You would keep quiet and avoid the co-worker. | 1---2---3---4---5 | |
| c) You would feel unhappy and eager to correct the situation. | 1---2---3---4---5 | |

5. While playing around, you throw a ball, and it hits your friend in the face.

- | | not likely | very likely |
|---|-------------------|--------------------|
| a) You would feel inadequate that you can't even throw a ball. | 1---2---3---4---5 | |
| b) You would think maybe your friend needs more practice at catching. | 1---2---3---4---5 | |
| c) You would apologize and make sure your friend feels better. | 1---2---3---4---5 | |

6. You are driving down the road, and you hit a small animal.

- | | not likely | very likely |
|---|-------------------|--------------------|
| a) You would think the animal shouldn't have been on the road. | 1---2---3---4---5 | |
| b) You would think: "I'm terrible." | 1---2---3---4---5 | |
| c) You'd feel bad you hadn't been more alert driving down the road. | 1---2---3---4---5 | |

7. You walk out of an exam thinking you did extremely well, then you find out you did poorly.

- | | not likely | very likely |
|---|-------------------|--------------------|
| a) You would think: "The instructor doesn't like me." | 1---2---3---4---5 | |
| b) You would think: "I should have studied harder." | 1---2---3---4---5 | |
| c) You would feel stupid. | 1---2---3---4---5 | |

8. While out with a group of friends, you make fun of a friend who's not there.

- | | not likely | very likely |
|---|-------------------|--------------------|
| a) You would feel small...like a rat. | 1---2---3---4---5 | |
| b) You would think that perhaps that friend should have been there to defend himself/herself. | 1---2---3---4---5 | |
| c) You would apologize and talk about that person's good points. | 1---2---3---4---5 | |

9. You make a big mistake on an important project at work. People were depending on you, and your boss criticizes you.

- | | not likely | very likely |
|--|-------------------|--------------------|
| a) You would think your boss should have been more clear about what was expected of you. | 1---2---3---4---5 | |
| b) You would feel as if you wanted to hide. | 1---2---3---4---5 | |
| c) You would think: "I should have recognized the problem and done a better job." | 1---2---3---4---5 | |

10. You are taking care of your friend's dog while they are on vacation. and the dog runs away.

- | | not likely | very likely |
|--|-------------------|--------------------|
| a) You would think, "I am irresponsible and incompetent." | 1---2---3---4---5 | |
| b) You would think your friend must not take very good care of her dog or it wouldn't have run away. | 1---2---3---4---5 | |
| c) You would vow to be more careful next time. | 1---2---3---4---5 | |

11. You attend your co-worker's housewarming party, and you spill red wine on a new cream-colored carpet, but you think no one notices.

- | | not likely | very likely |
|---|-------------------|--------------------|
| a) You would stay late to help clean up the stain after the party. | 1---2---3---4---5 | |
| b) You would wish you were anywhere but at the party. | 1---2---3---4---5 | |
| c) You would wonder why your co-worker chose to serve red wine with the new light carpet. | 1---2---3---4---5 | |

Scoring for the TOSCA-3S

The TOSCA-3S scenarios that you just responded to were created from the personal experiences of several hundred college students and non-college adults. Your responses can now be used to calculate your scores for Shame Self-Talk, Guilt Self-Talk and Blaming Others.

Transfer your circled answers from the TOSCA to the lines below. For example, if you answered a “4” for item 1a, enter a 4 under the column labeled “**Shame Self-Talk**” on the line next to 1a. If you entered a “1” for item 1b, enter a 1 under the column labeled “**Guilt Self-Talk**” on the line next to 1b. And so on. Carefully transfer your responses, because the order for a, b and c will be different for each question.

When you have finished transferring your answers, add up your score for each column. For example, your “**Shame Self-Talk Total**” score will be the total of all of the numbers written in the first column. Compare your total scores to the scoring interpretation at the bottom of the page.

Shame Self-Talk	Guilt Self-Talk	Blaming Others
1a_____	1b_____	1c_____
2b_____	2a_____	2c_____
3a_____	3c_____	3b_____
4b_____	4c_____	4a_____
5a_____	5c_____	5b_____
6b_____	6c_____	6a_____
7c_____	7b_____	7a_____
8a_____	8c_____	8b_____
9b_____	9c_____	9a_____
10a_____	10c_____	10b_____
11b_____	11a_____	11c_____
=_____	=_____	=_____
Shame Self-Talk Total	Guilt Self-Talk Total	Blaming Others Total

For Men

If your score on “Shame Self-Talk” is:

- 0-24 you seldom use shame self-talk
- 25-32 you use shame self-talk an average amount
- 33-55 you often use shame self-talk

If your score on “Guilt Self-Talk” is:

- 0-38 you seldom use guilt self-talk
- 39-45 you use guilt self-talk an average amount
- 46-55 you often use guilt self-talk

If your score on “Blaming Others” is:

- 0-21 you seldom blame others
- 22-28 you blame others an average amount
- 29-55 you often blame others

For Women

If your score on “Shame Self-Talk” is:

- 0-26 you seldom use shame self-talk
- 27-35 you use shame self-talk an average amount
- 36-55 you often use shame self-talk

If your score on “Guilt Self-Talk” is:

- 0-42 you seldom use guilt self-talk
- 43-48 you use guilt self-talk an average amount
- 49-55 you often use guilt self-talk

If your score on “Blaming Others” is:

- 0-20 you seldom blame others
- 21-28 you blame others an average amount
- 29-55 you often blame others