

Handout 10.1: Attitudes About Guilt Survey (AAGS)

Client Initials: _____ Date: _____

Individuals who have experienced traumatic events often experience guilt related to these events. They may feel guilty about something they did (or did not do), about beliefs or thoughts they had (that they now believe to be untrue), or about having had certain feelings (or lack of feelings). The purpose of this questionnaire is evaluate how you feel about one (and only one) guilt issue.

Please take a moment to think about your experience. Briefly describe what happened and what you feel guilty about:

Briefly describe the negative outcomes that could have been prevented:

I should have or shouldn't have (*circle one and finish the sentence*): _____

In answering each of the following questions, please circle one letter that best reflects or summarizes your view of what happened.

1. **To what extent do you think you should have known better and could have prevented or avoided the outcome?**
 - a. There is no possible way that I could have known better.
 - b. I believe slightly that I should have known better.
 - c. I believe moderately that I should have known better.
 - d. For the most part I believe that I should have known better.
 - e. I absolutely should have known better.

2. **How justified was what you did? (How good were your reasons for what you did?)**
 - a. What I did was completely justified (excellent reasons).
 - b. What I did was mostly justified.
 - c. What I did was moderately justified.
 - d. What I did was slightly justified.
 - e. What I did was not justified in any way (very poor reasons).

3. **How personally responsible were you for causing what happened?**
 - a. I was in no way responsible for causing what happened.
 - b. I was slightly responsible for causing what happened.
 - c. I was moderately responsible for causing what happened.
 - d. I was largely responsible for causing what happened.
 - e. I was completely responsible for causing what happened.

Your percentage of responsibility _____%

4. **Did you do something wrong? (Did you violate personal standards of right and wrong by what you did?)**

- a. What I did was extremely wrong.
- b. What I did was very wrong.
- c. What I did was moderately wrong.
- d. What I did was slightly wrong.
- e. What I did was not wrong in any way.

5. **How distressed do you feel when you think about what happened?**

- a. I feel no distress when I think about what happened.
- b. I feel slightly distressed when I think about what happened.
- c. I feel moderately distressed when I think about what happened.
- d. I feel very distressed when I think about what happened.
- e. I feel extremely distressed when I think about what happened.

6. **Circle the answer that indicates how often you experience guilt that relates to what happened.**

Never Seldom Occasionally Often Always Whenever I think about it

7. **Circle the answer that indicates the intensity or severity of guilt you typically experience about what happened.**

None Slight Moderate Considerable Extreme

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