

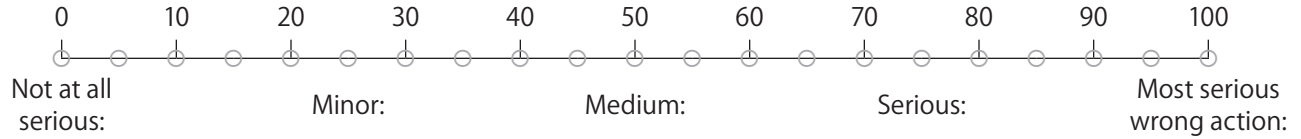
### EXERCISE: **Rating the Seriousness of My Actions**

Using the questions in the Helpful Hints as a guide, rate how serious you think your actions are on the **Worksheet 15.6** scales. Since people have different values and beliefs about what is right and wrong, you should first make the endpoints personal to you. At the 100 mark on the scale at the top of the worksheet, write the most serious wrong action you could imagine a person doing. For example, this might be to torture and murder someone. While 0 would not be serious at all, 10 might be something like not returning a small amount of extra change you were overpaid in a store.

Label a few marks on the scale at the top of **Worksheet 15.6** so that you see the differences among minor, medium, and serious actions that you might feel guilt or shame about. Then think of the worst thing you have ever done in your life. Assuming that it is less serious than torture and murder, put that action on the scale where you think it belongs.

Once you have created your personal scale, use it to rate the seriousness of actions that prompt you to feel guilt or shame.

## WORKSHEET 15.6. Rating the Seriousness of My Actions



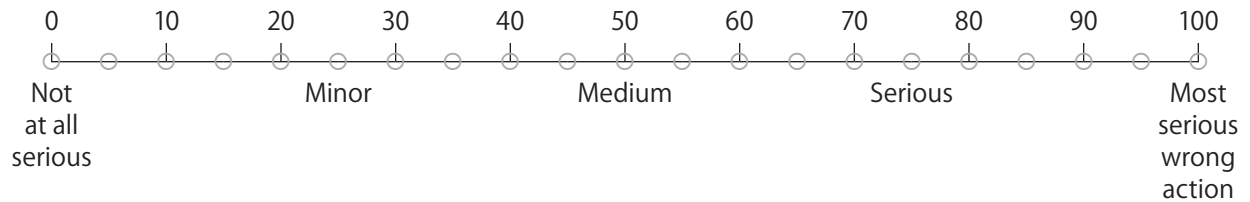
### My personal examples:

Minor personal example: \_\_\_\_\_ Rating I give this: \_\_\_\_\_

Personal worst action: \_\_\_\_\_ Rating I give this: \_\_\_\_\_

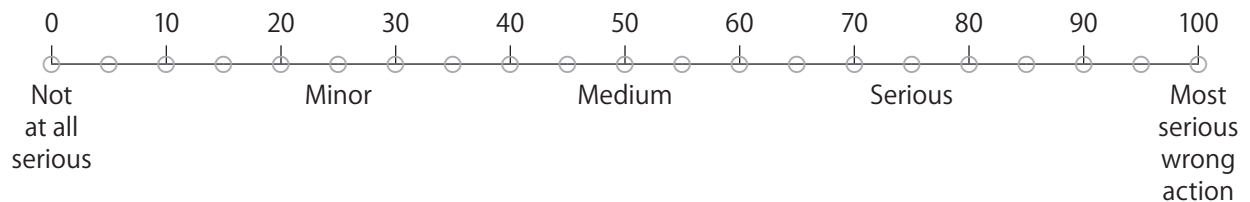
**Action I am rating:** \_\_\_\_\_

Rating I give this:



**Action I am rating:** \_\_\_\_\_

Rating I give this:



**Action I am rating:** \_\_\_\_\_

Rating I give this:

