

Appendix

Escala de Estado do Autoperdão - EEAP

Whol, DeShea, & Wahkinney, 2008; versão portuguesa de Costa *et al.*, 2020

Às vezes fazemos coisas que acreditamos serem erradas, ou que mais tarde passamos a acreditar que são erradas. Estas coisas podem ter magoado alguém, alguma coisa ou a nós próprios. Neste momento, pense na experiência mais significativa em que fez algo que acredita ter sido errado. Deve ser um evento que aconteceu há mais de seis meses. Tome um momento para considerar as circunstâncias desse evento, e tente recordar-se de todos os detalhes acerca do que fez de errado. As perguntas deste questionário devem ser respondidas de acordo com as suas atitudes atuais acerca de si próprio/a em relação ao erro cometido.

	Discordo fortemente	Discordo	Discordo ligeiramente	Concordo ligeiramente	Concordo	Concordo fortemente
<i>“Considerando o que eu fiz de errado, eu sinto...”</i>						
1. ...compaixão perante mim próprio/a.*						
2. ...rejeição de mim próprio/a.						
3. ...aceitação de mim próprio/a.						
4. ...antipatia perante mim próprio/a.						
<p style="font-size: 24px; margin: 0;">This image is for illustrative purposes only. The full scale is available upon request to the authors.</p>						
<i>“Considerando o que eu fiz de errado, eu perdoei-me a mim mesmo/a...”</i>						
De modo nenhum <input type="radio"/>	Um pouco <input type="radio"/>	Maioritariamente <input type="radio"/>			Completamente <input type="radio"/>	

Note. Portuguese version of SSFS. *Items removed.

Escala de Processo Diferenciado do Autoperdão - EPDAP

Woodyatt & Wenzel, 2013; versão portuguesa de Costa *et al.*, 2020

Quase toda a gente vivencia, ao longo da sua vida, experiências marcantes. Estas experiências podem estar relacionadas com algum tipo de ofensa ou injúria que a própria pessoa tenha cometido, levando-a posteriormente a sentir que tenha errado. Neste sentido, tente recordar-se de uma situação ou experiência (marcante) em que considera ter sido o autor da ofensa ou injúria à outra pessoa, e reflita sobre as afirmações que se seguem.

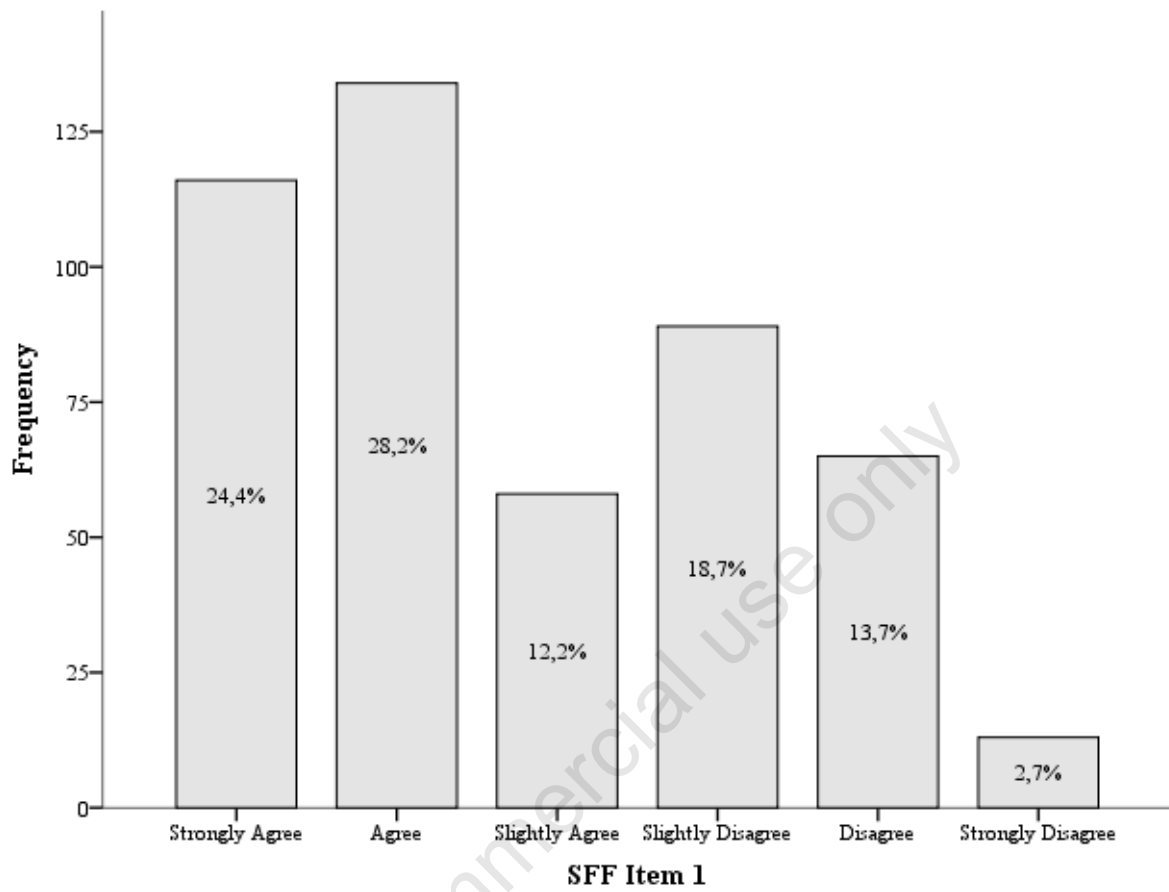
<i>Para todos os itens, por favor assinale em que medida concorda ou discorda com as seguintes afirmações.</i>	Discordo completamente	Discordo maioritariamente	Discordo em parte	Não concordo nem discordo	Concordo	Concordo maioritariamente	Concordo completamente
1. O que eu fiz é imperdoável							
2. Eu não consigo superar o que eu fiz							
3. Eu mereço sofrer pelo que fiz							
4. Eu sinto que não me consigo encarar olhos nos olhos							
5. Eu quero punir-me por aquilo que fiz							
6. Eu continuo a pensar sobre o que fiz repetidamente							

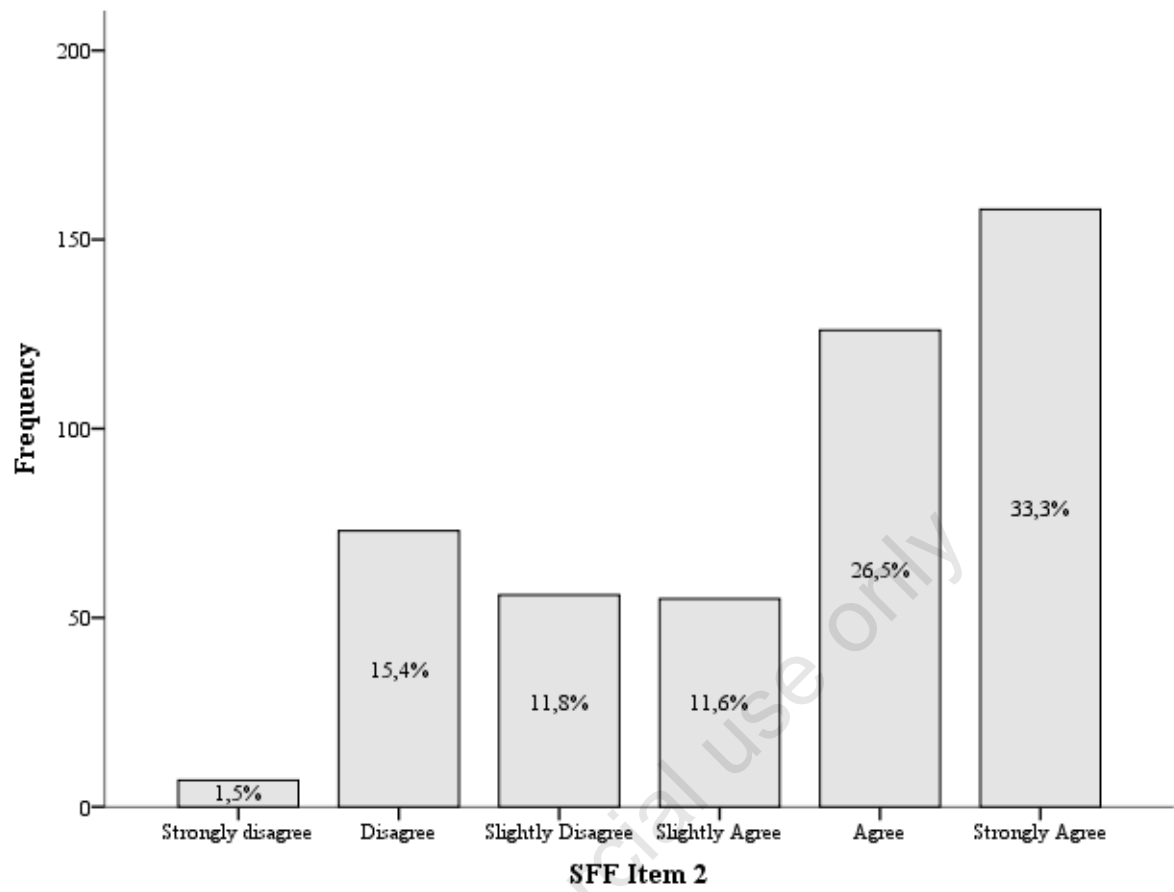
This image is for illustrative purposes only. The full scale is available upon request to the authors.

Note. Portuguese version of DSFPS. *Items removed.

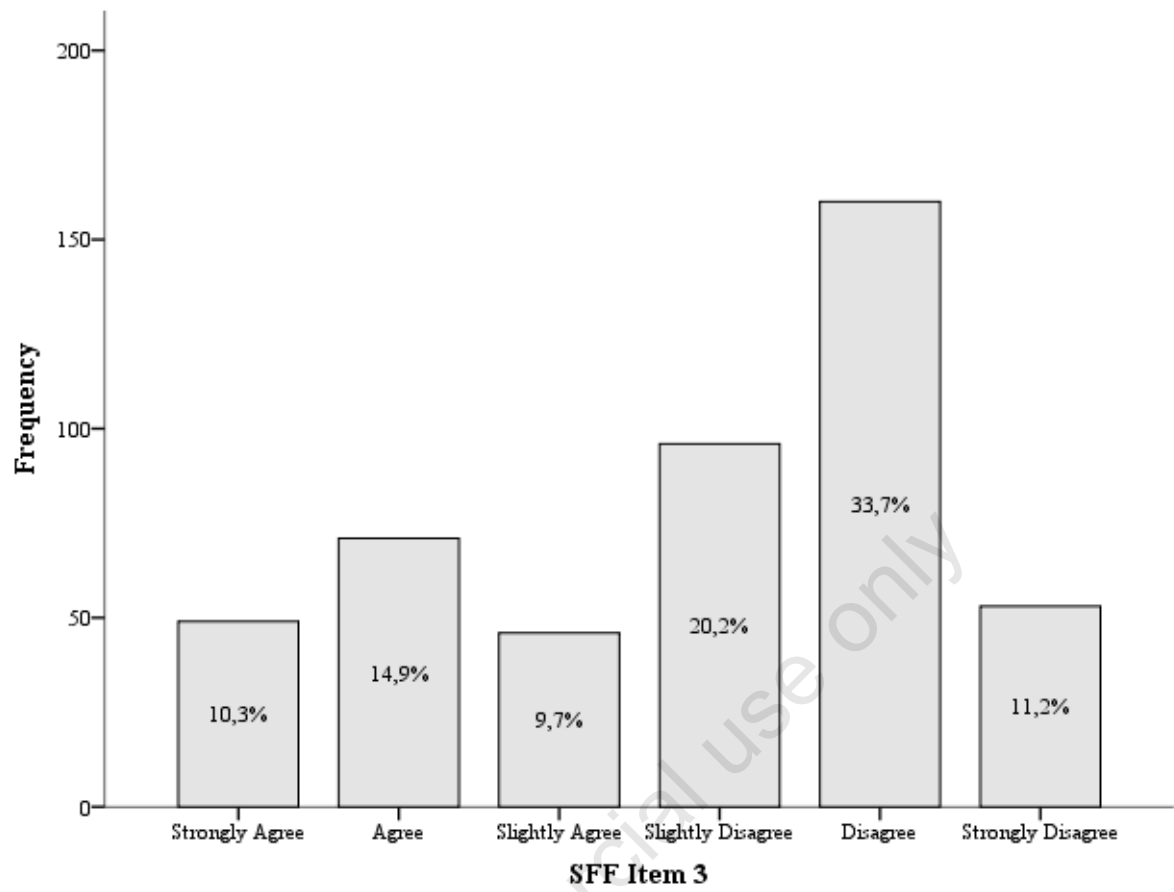
SSFS

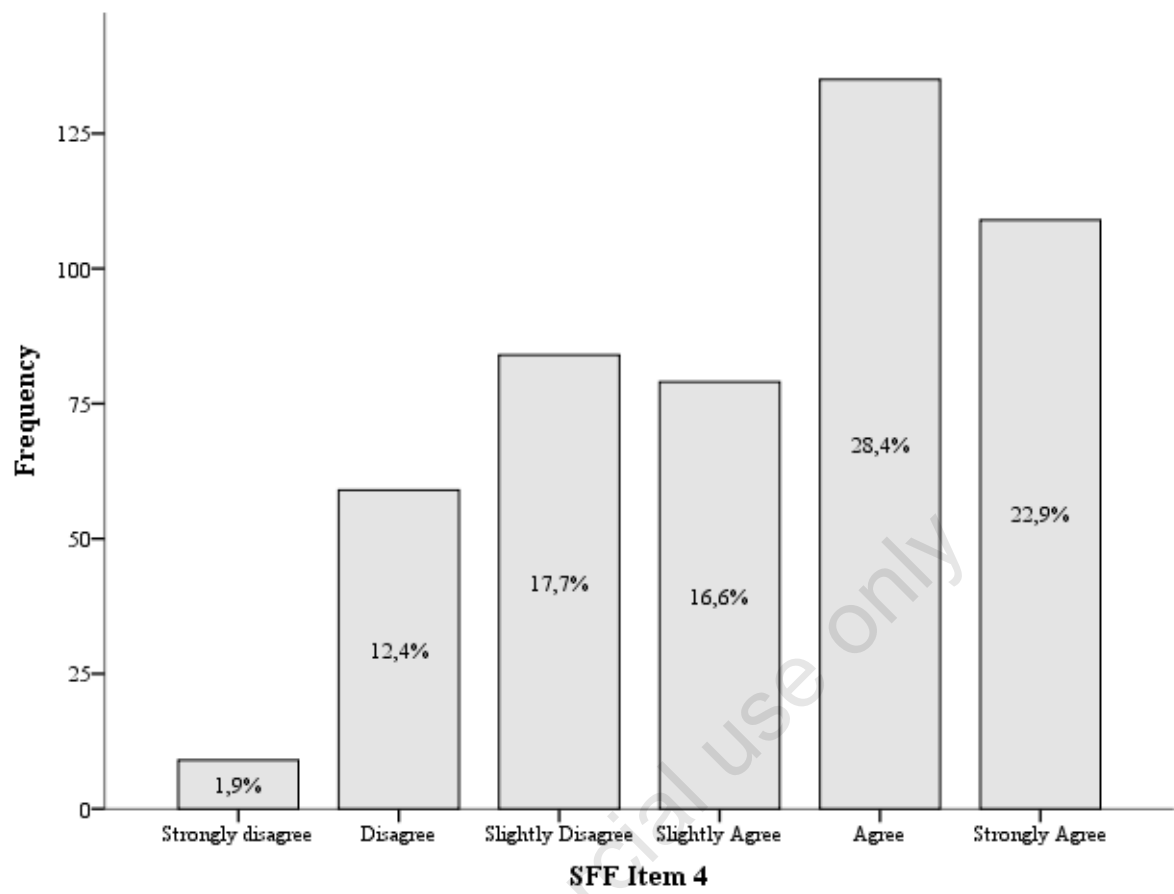
Descriptive item analysis by barplots – SSFS (subscale SFFA - SFF)



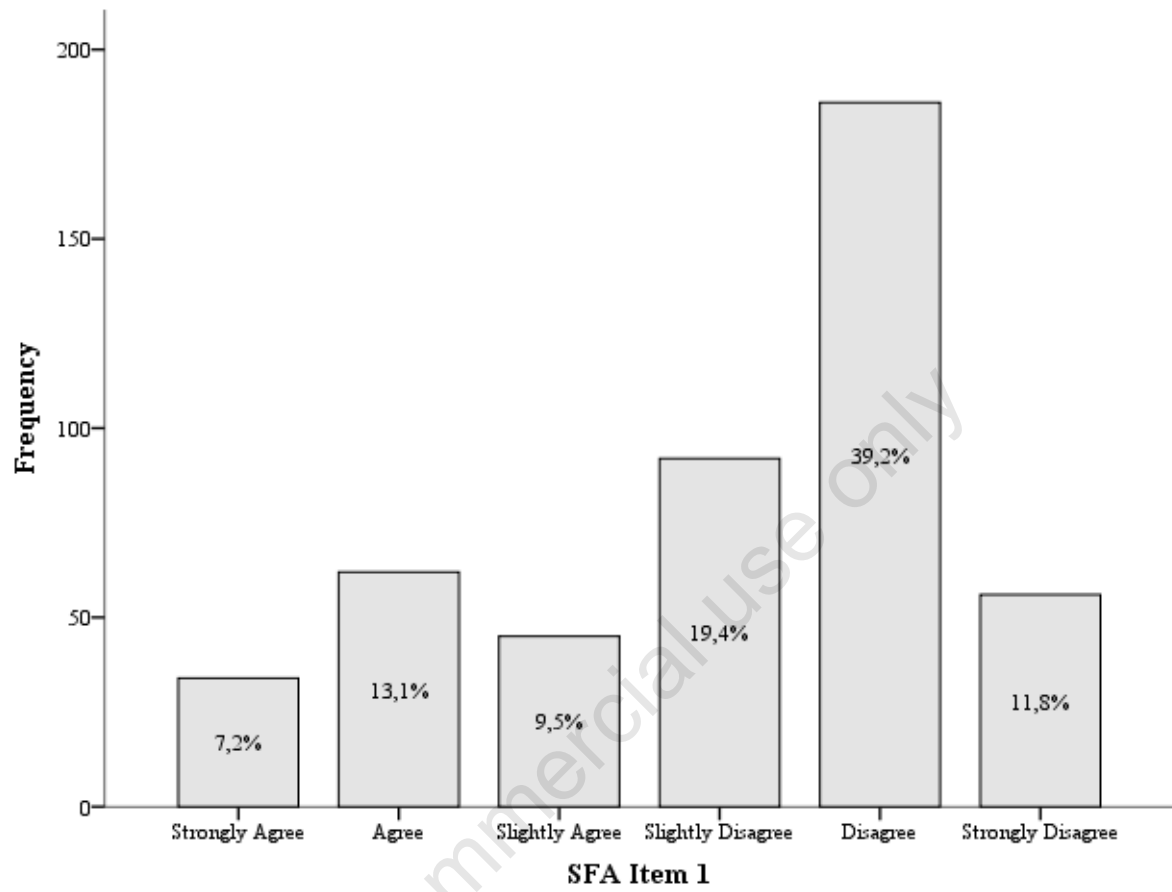


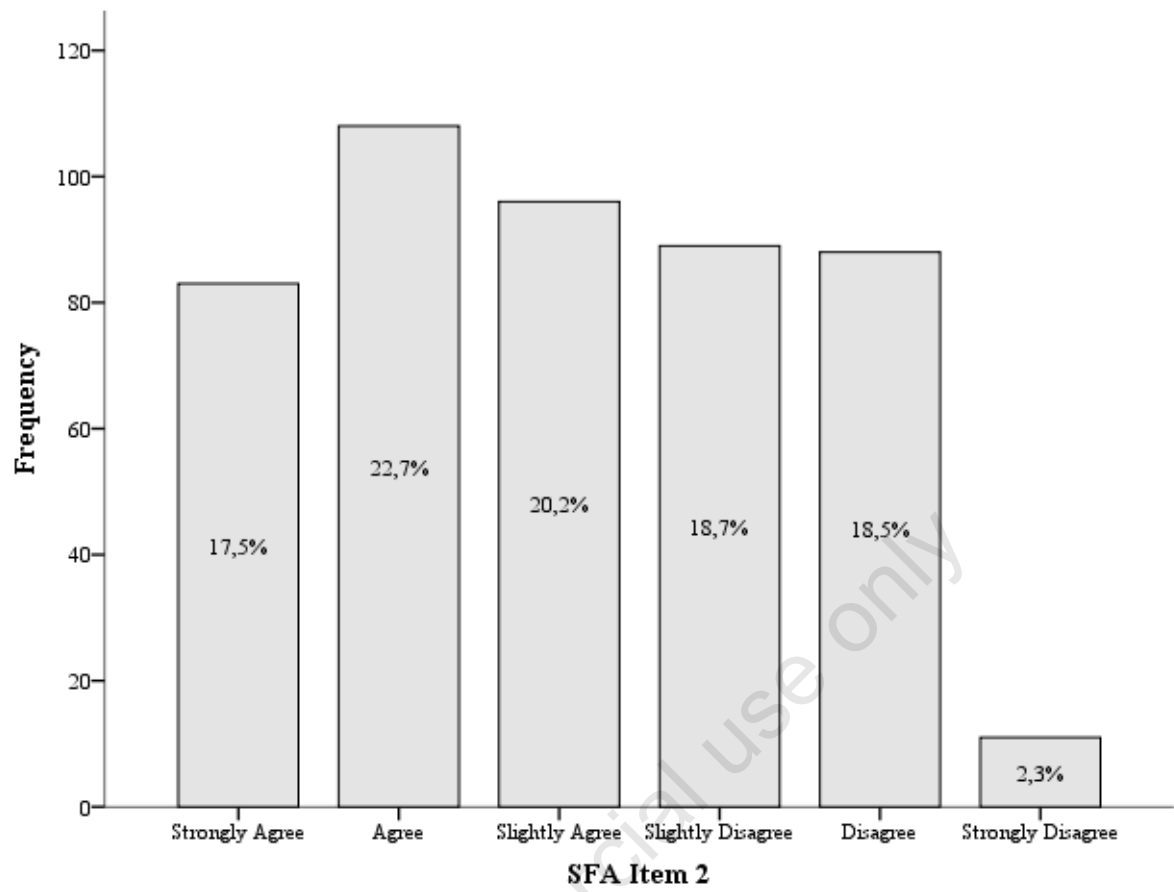
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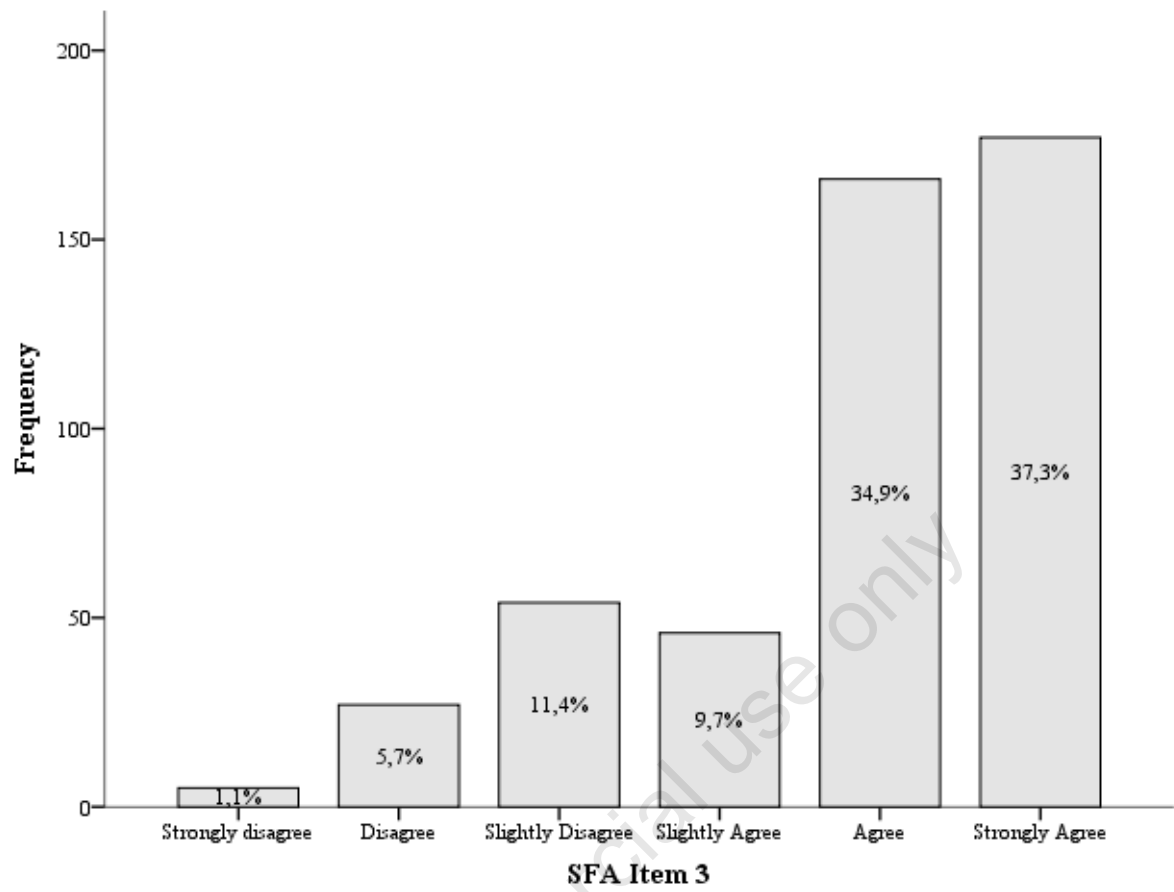


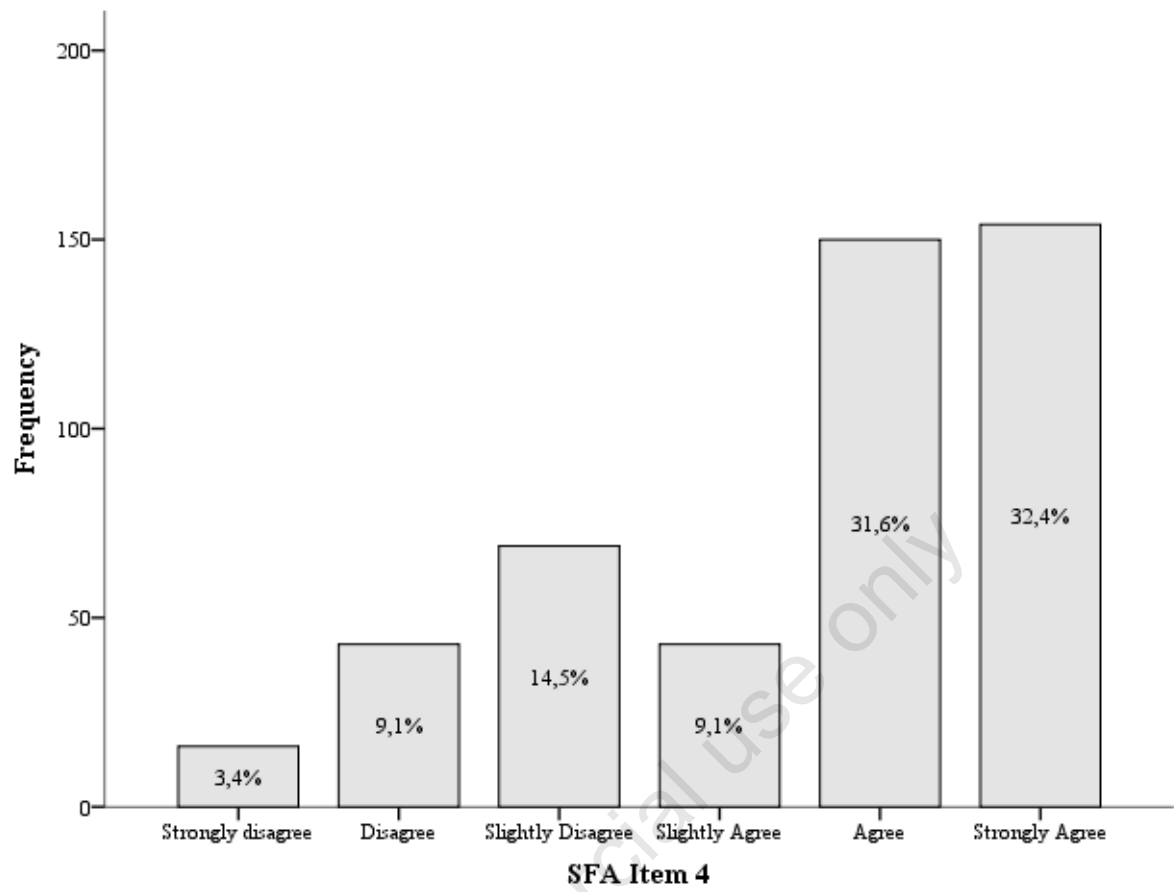


Descriptive item analysis by barplots – SSFS (subscale SFFA - SFA)

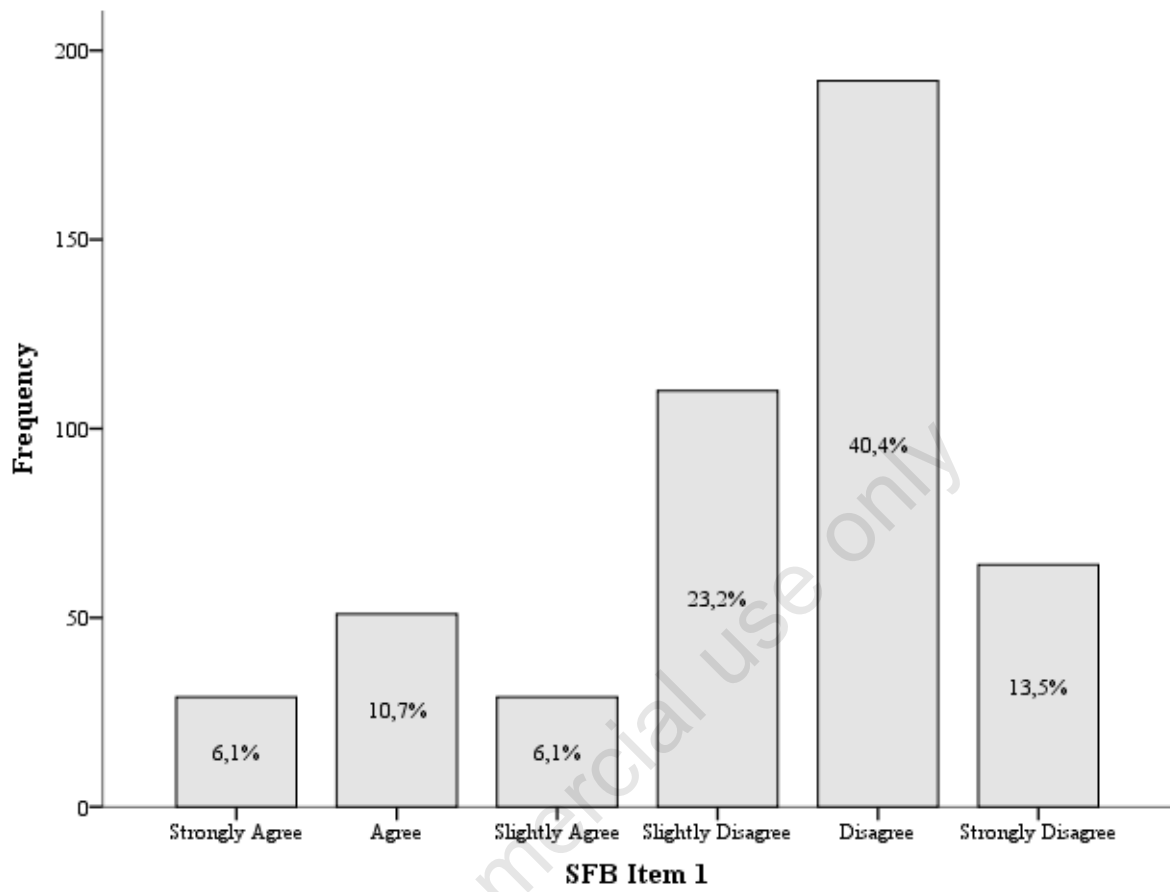


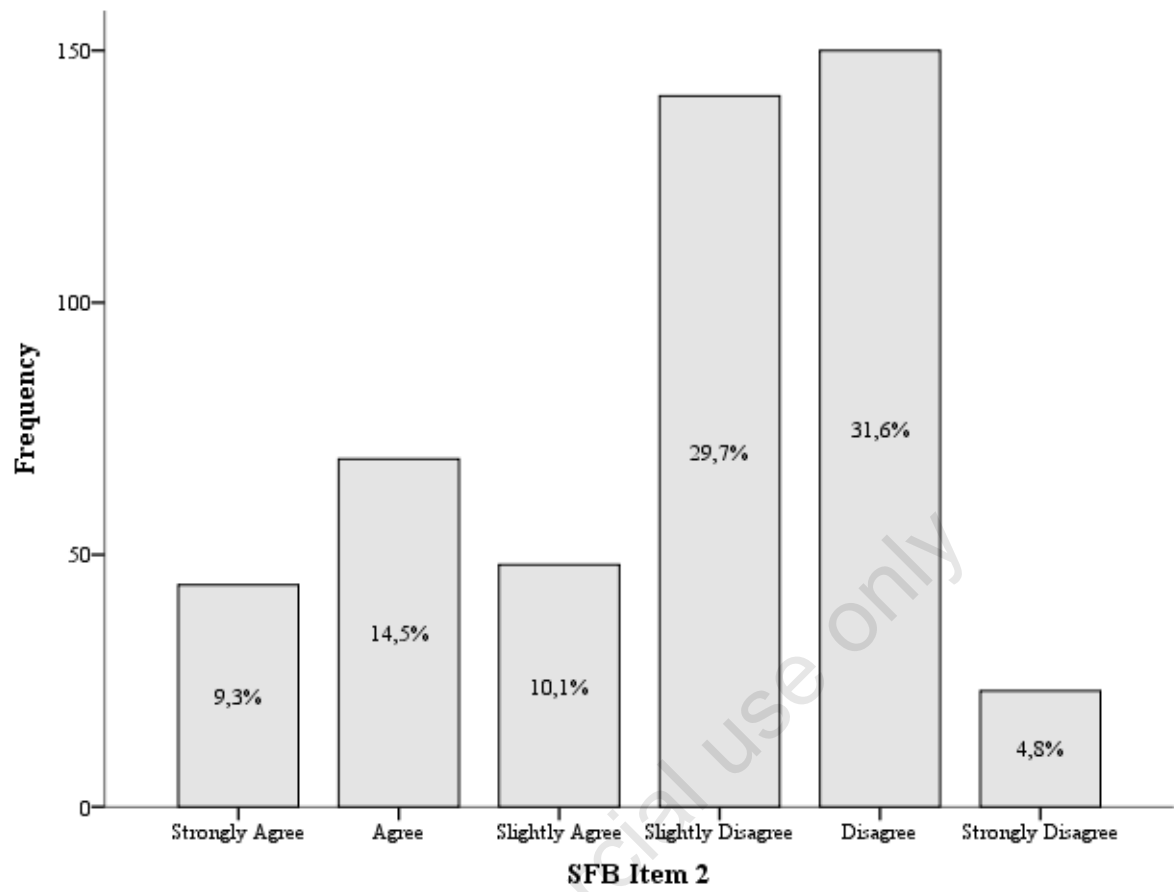


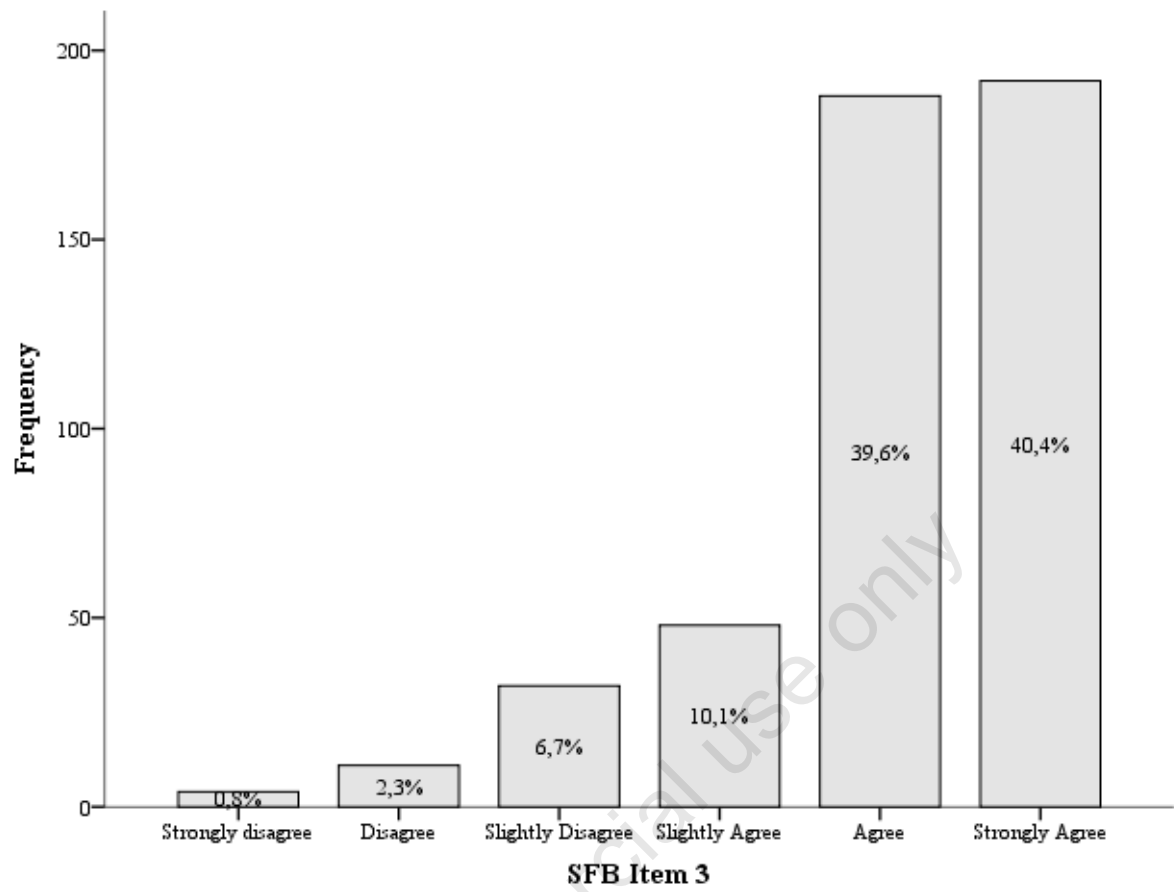


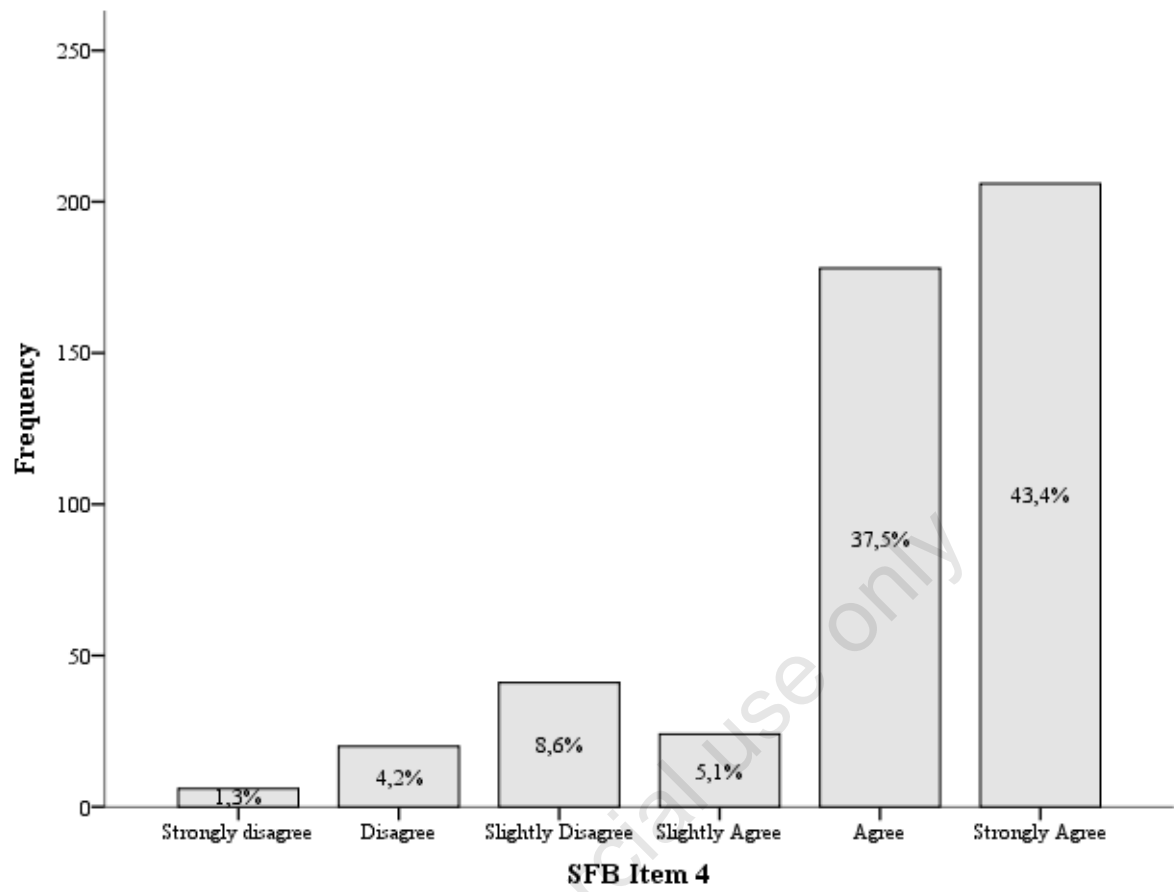


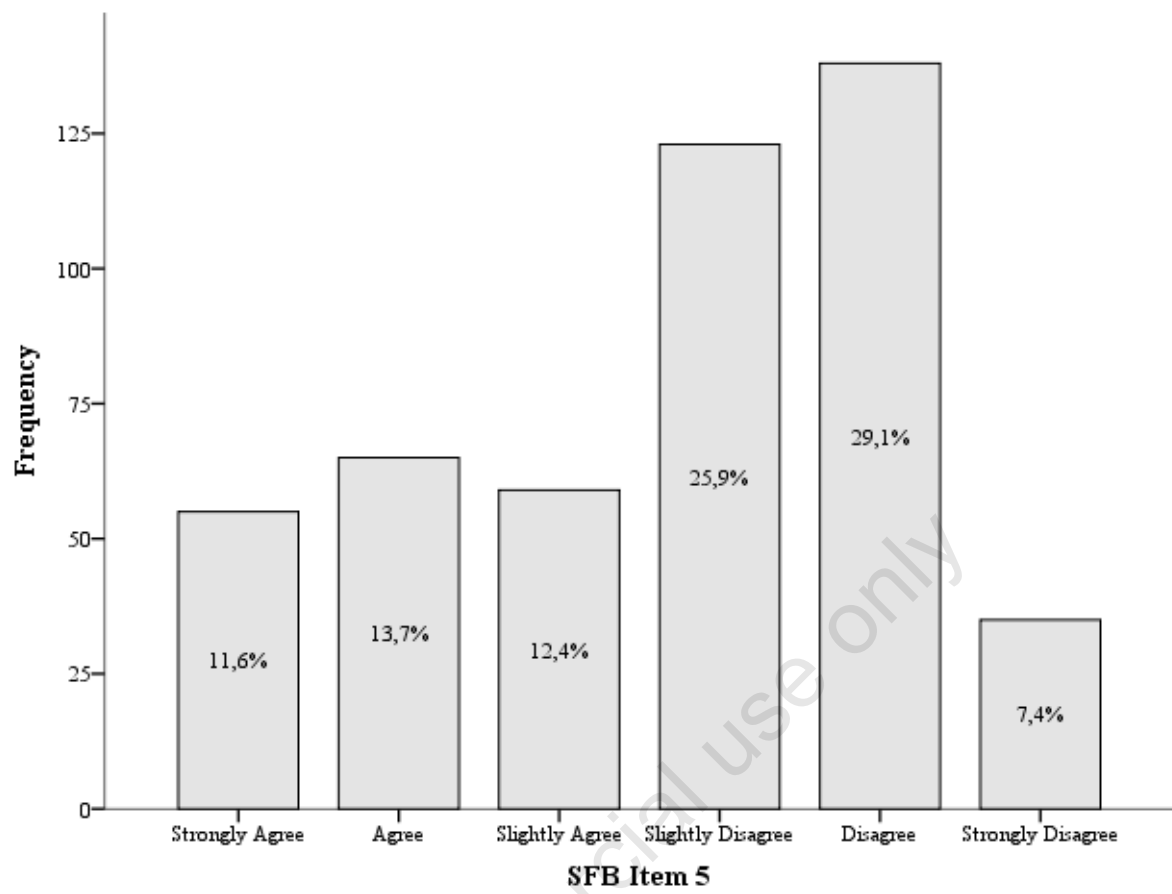
Descriptive item analysis by barplots – SSFS (subscale SFB)

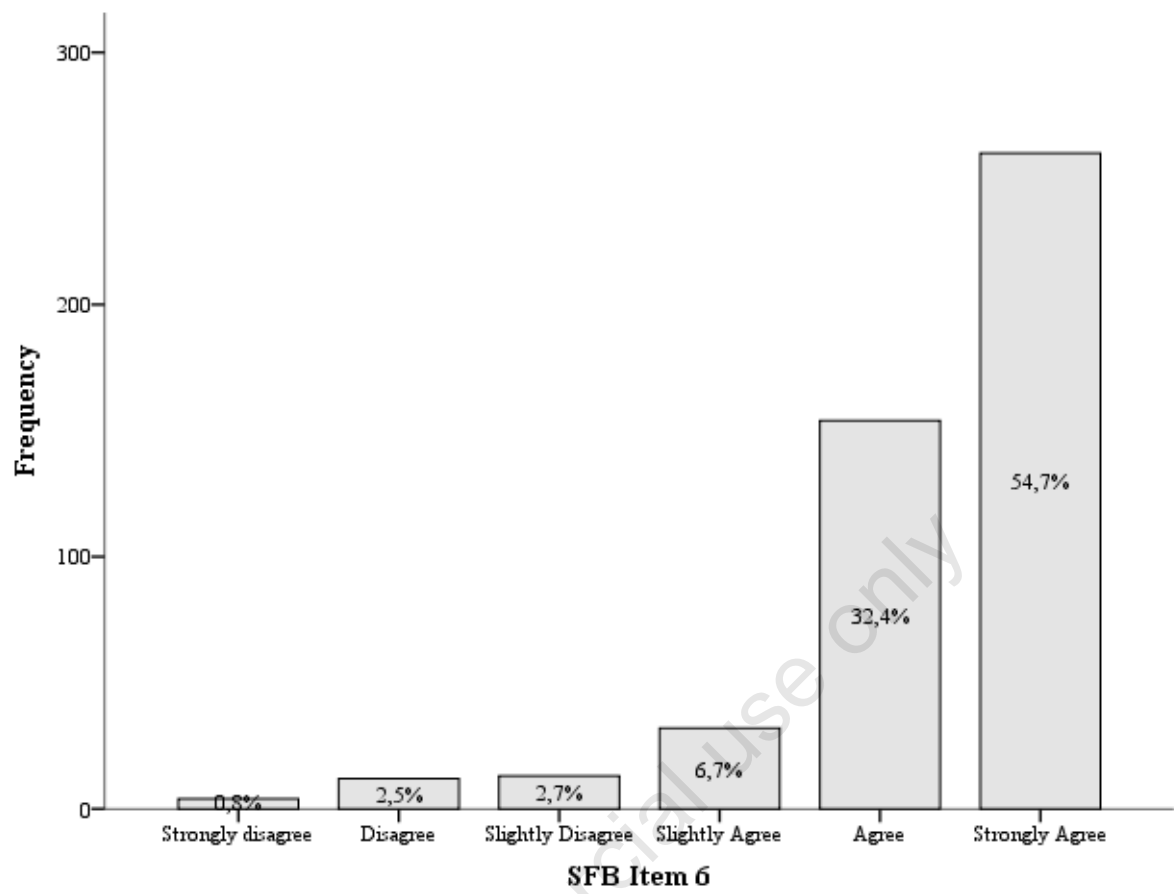


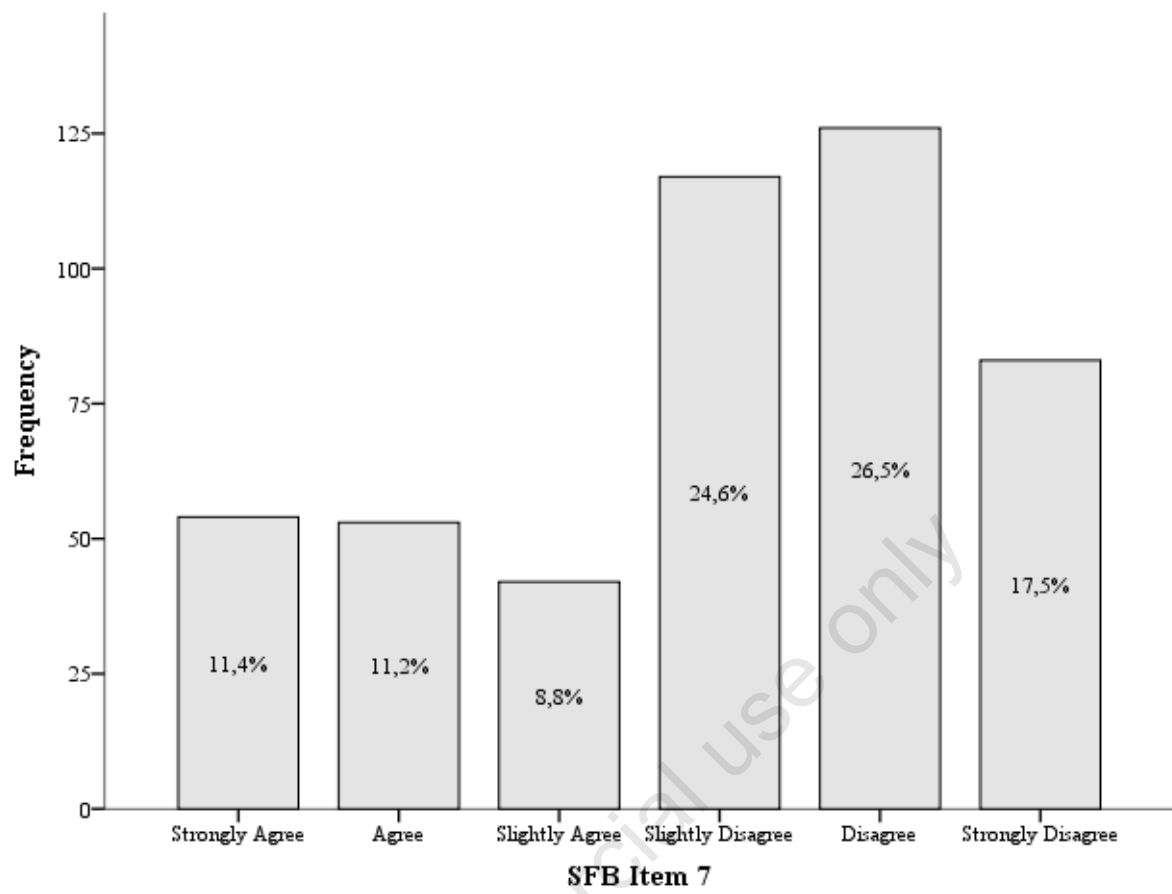


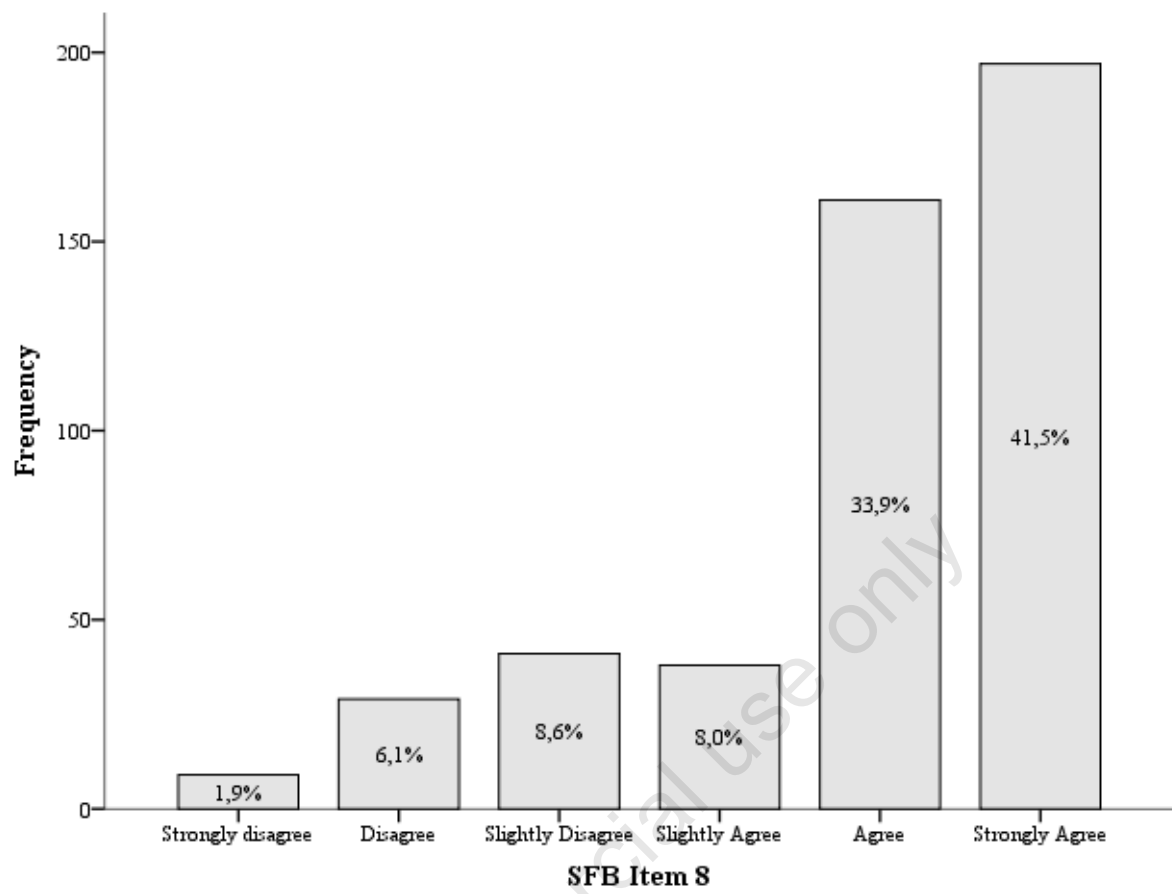


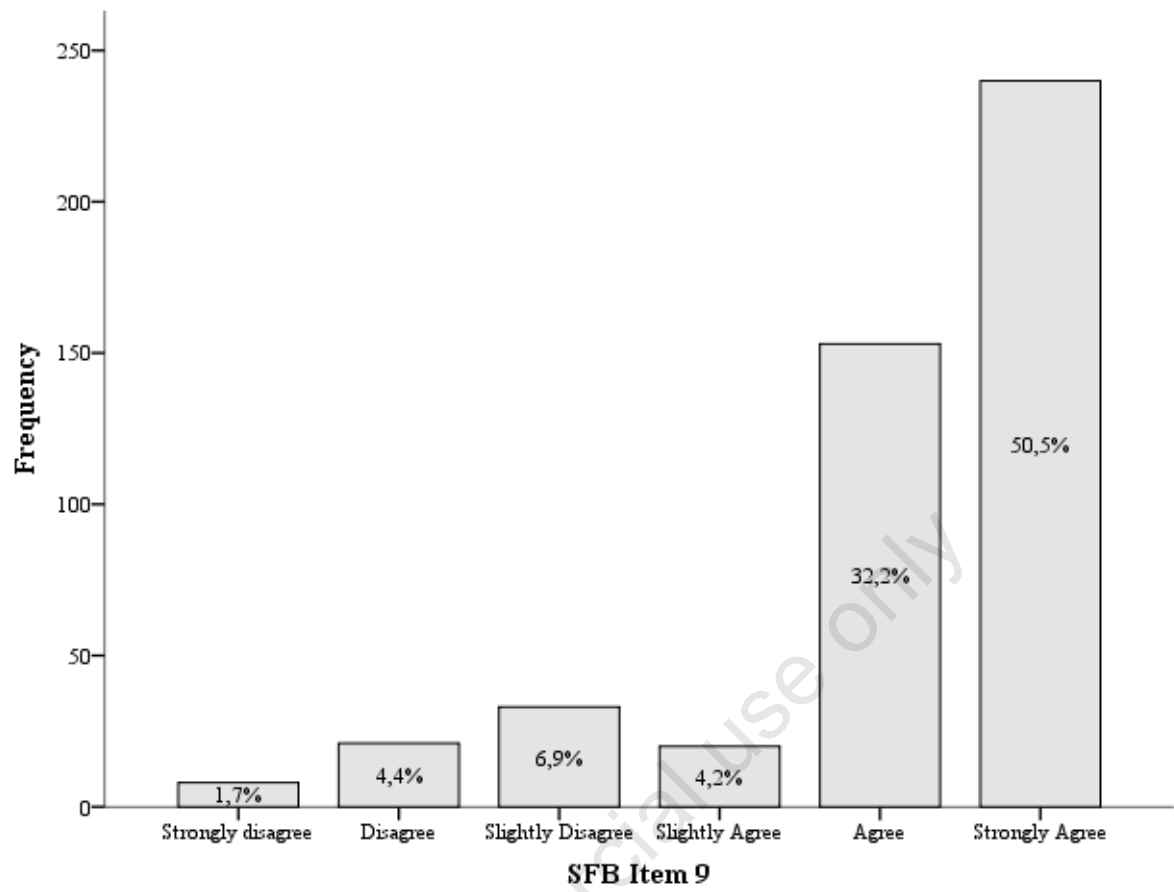






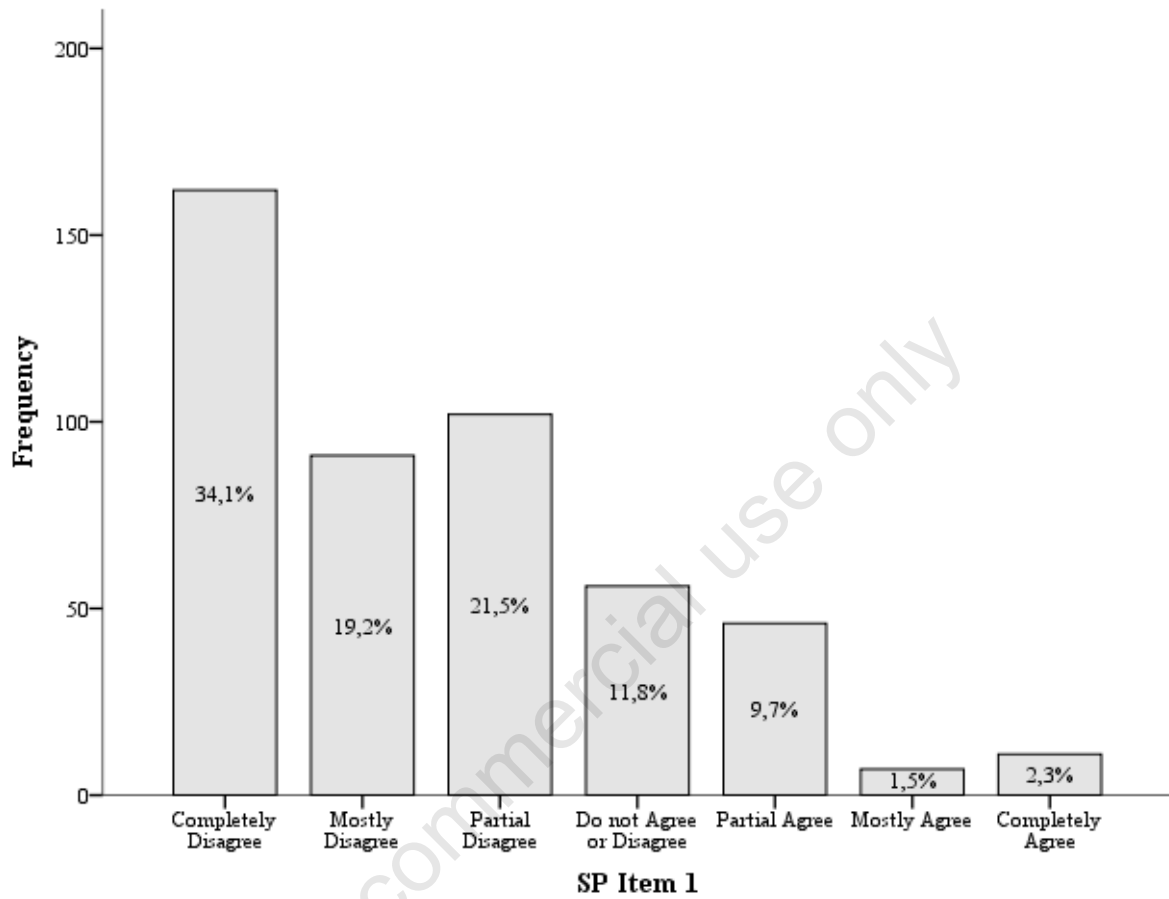


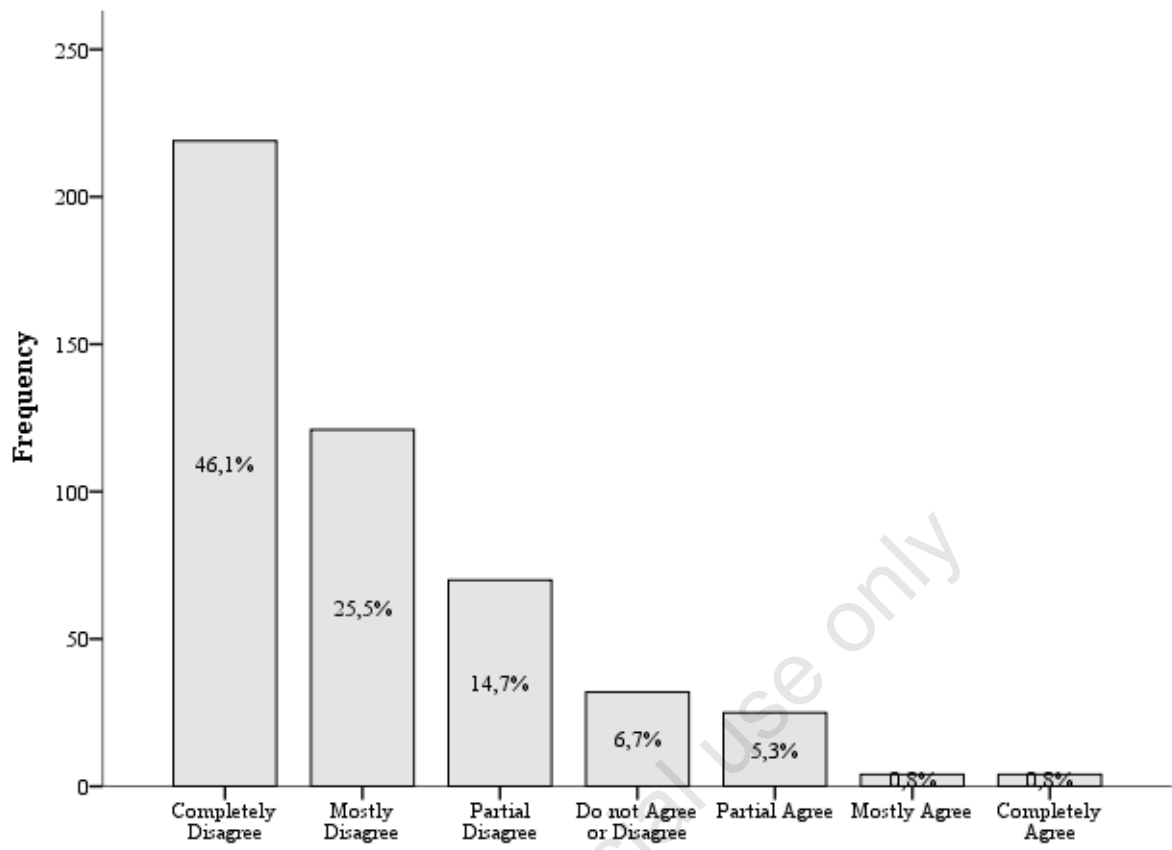




DSFPS

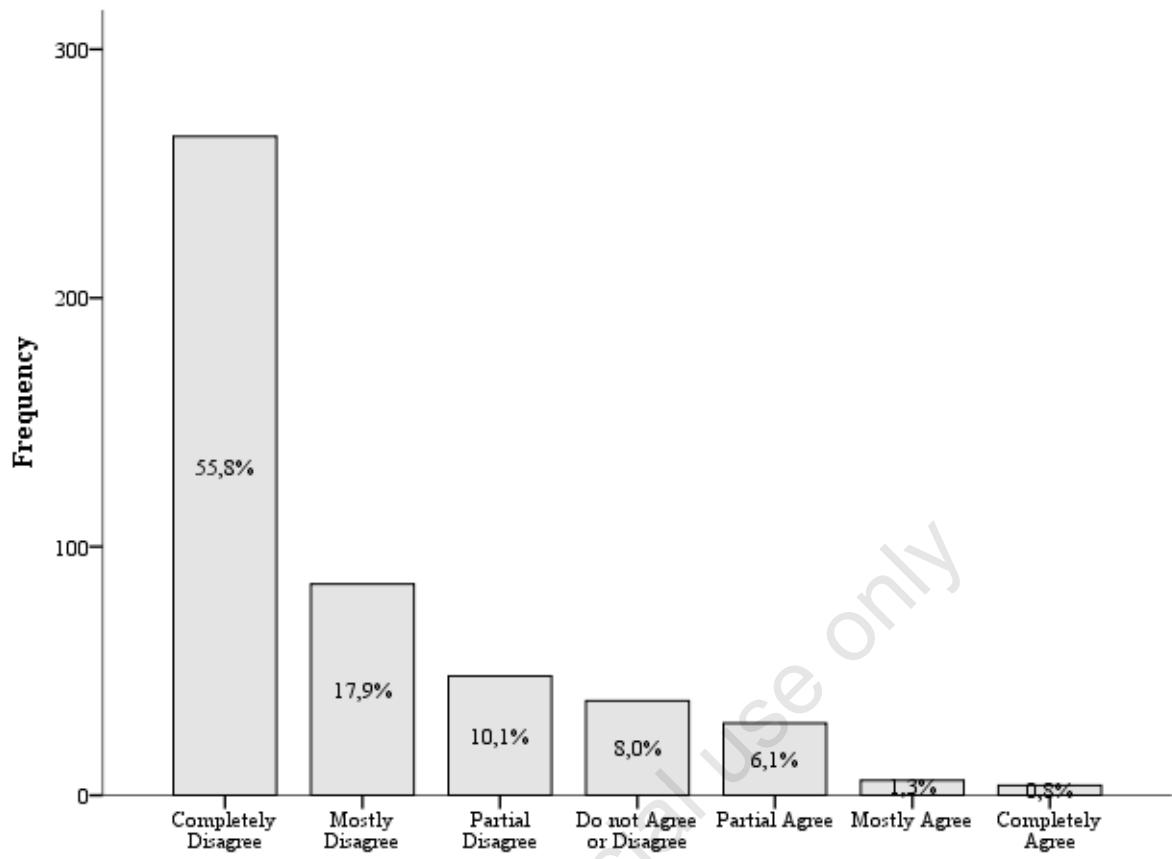
Descriptive item analysis by barplots – DSFPS (subscale SP)



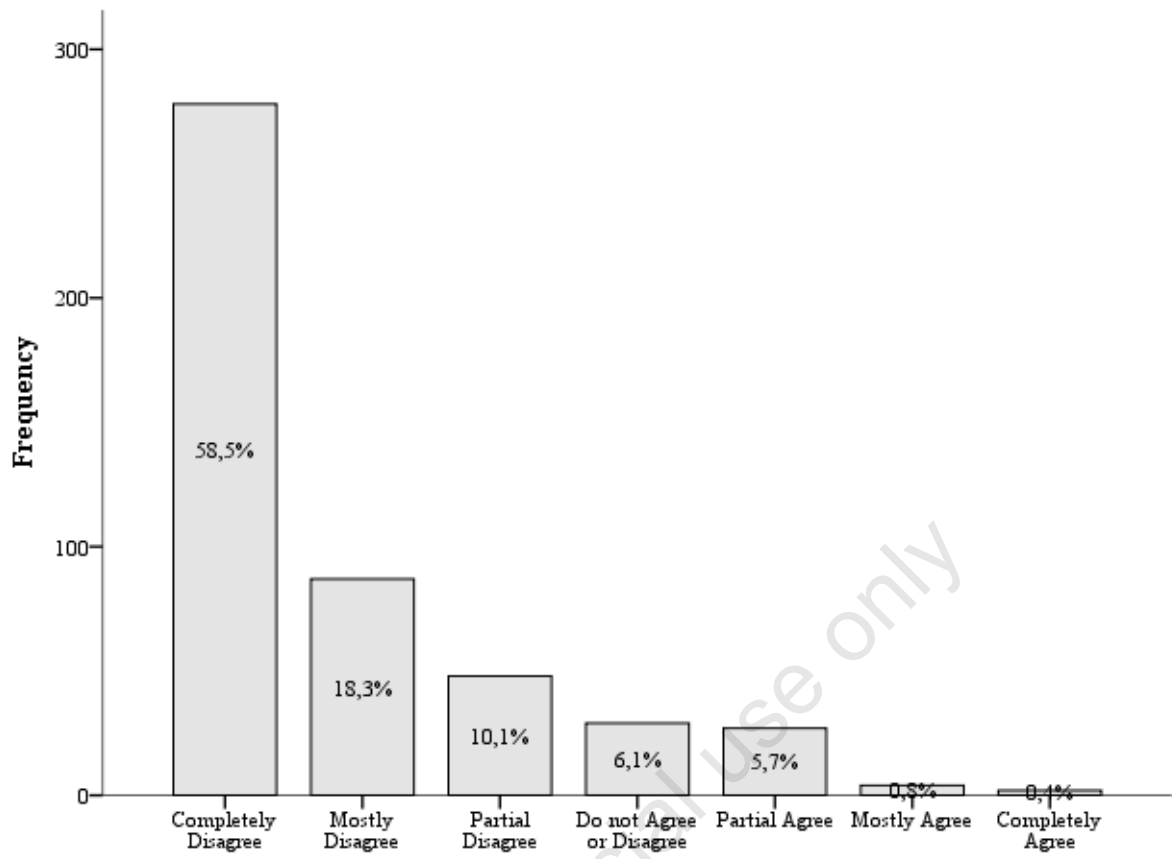


SP Item 2

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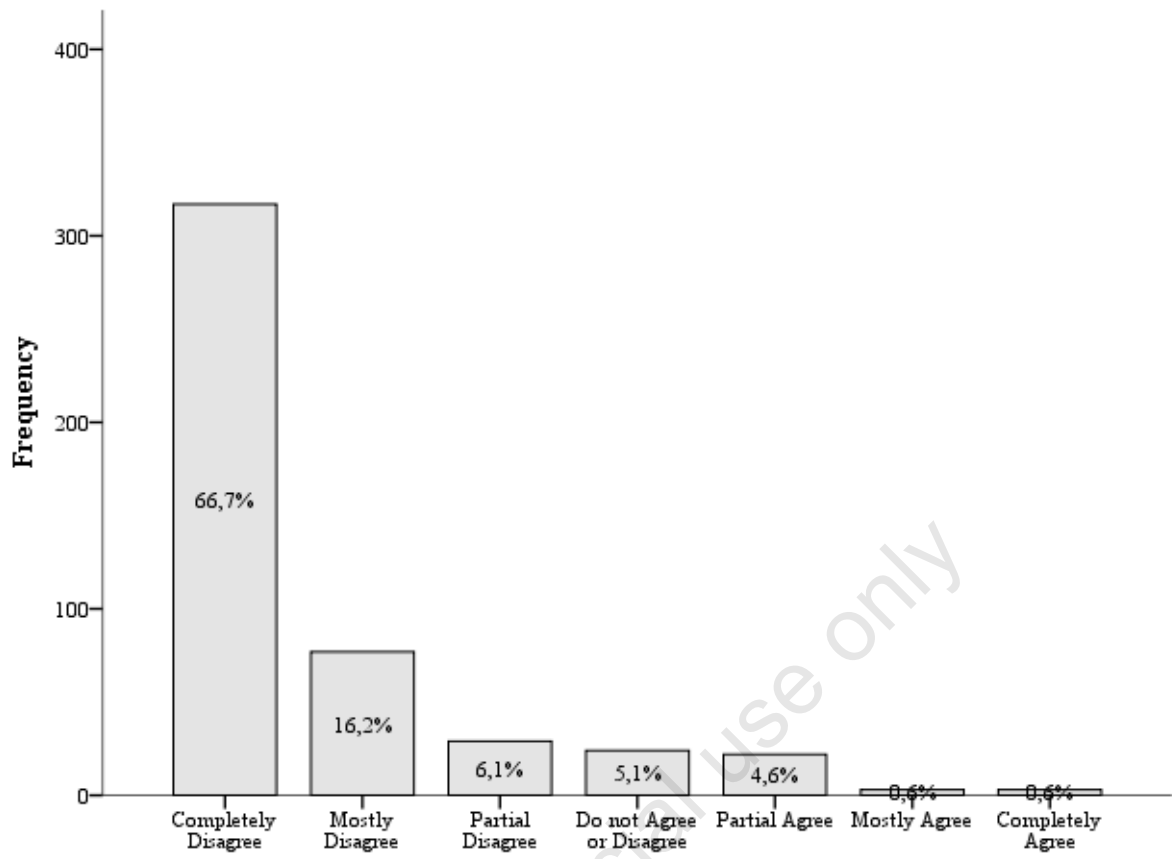


SP Item 3



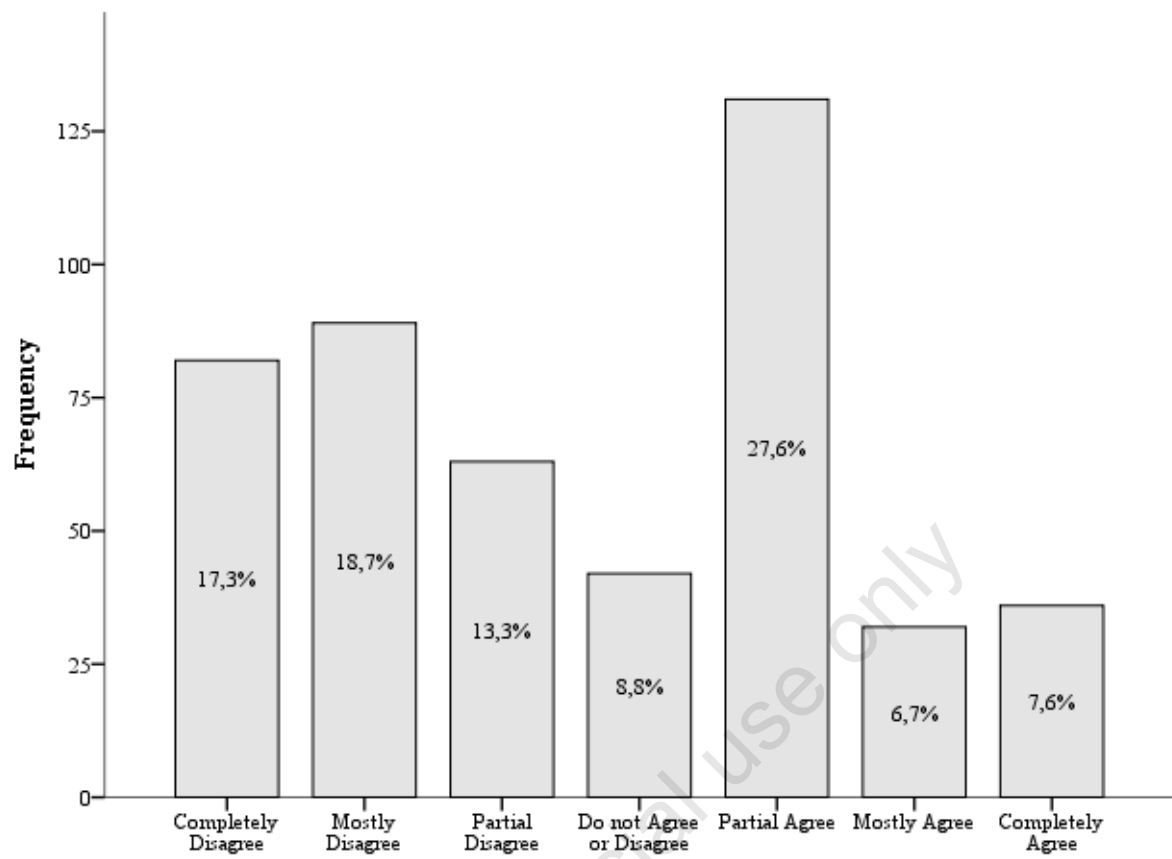
SP Item 4

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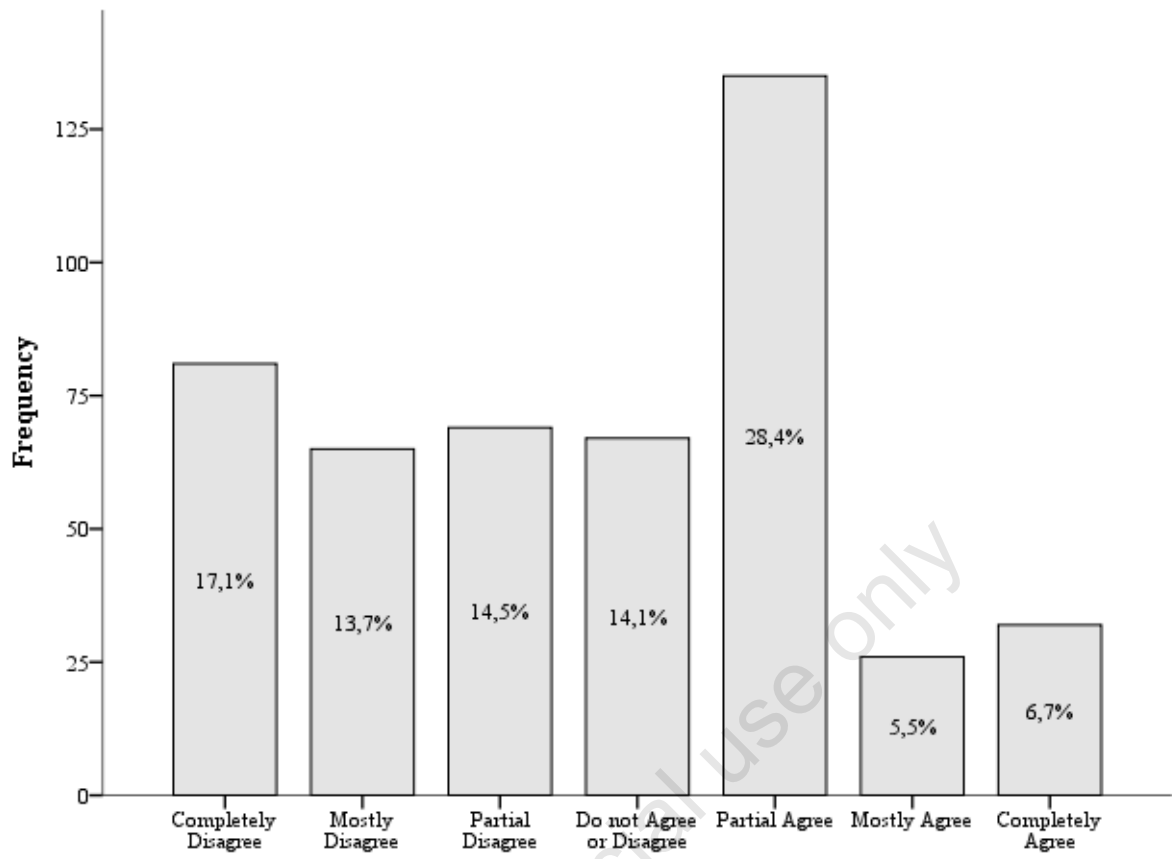
SP Item 5

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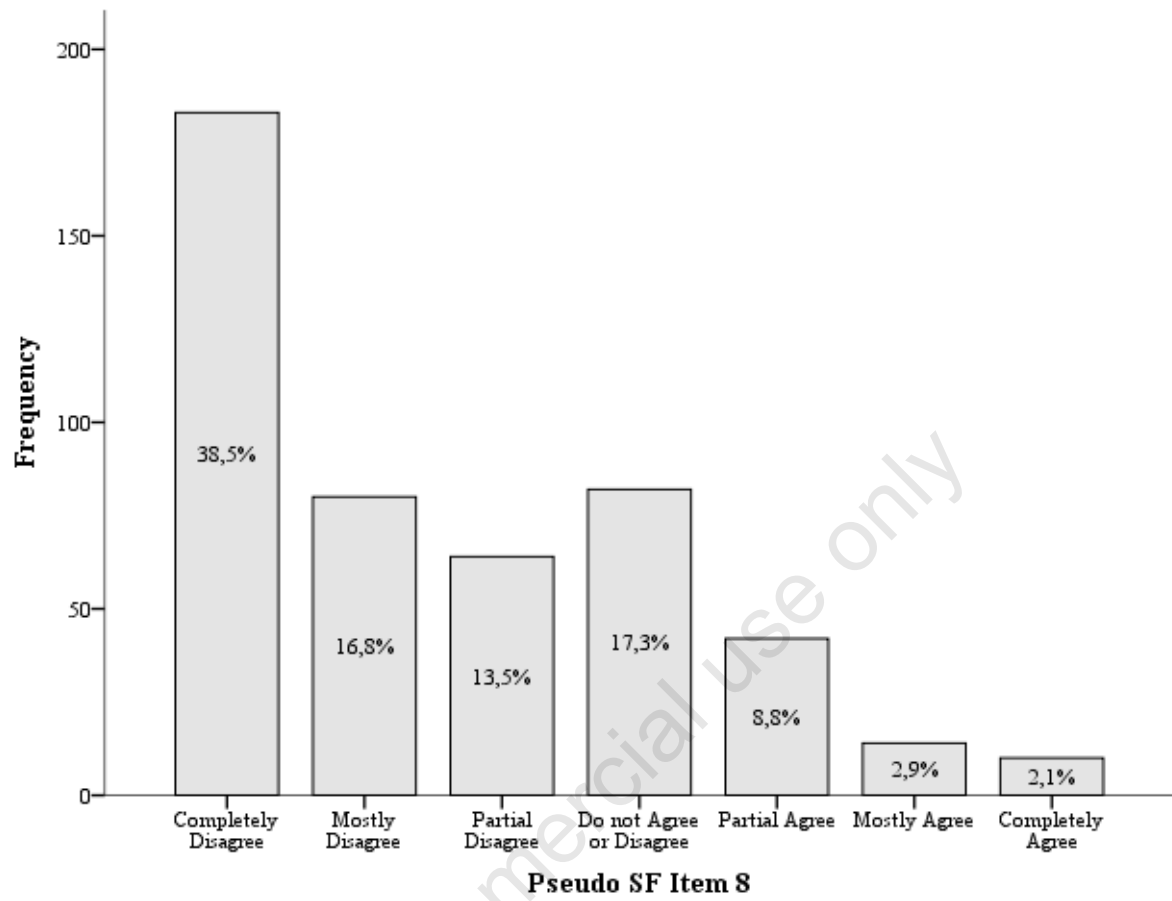
SP Item 6

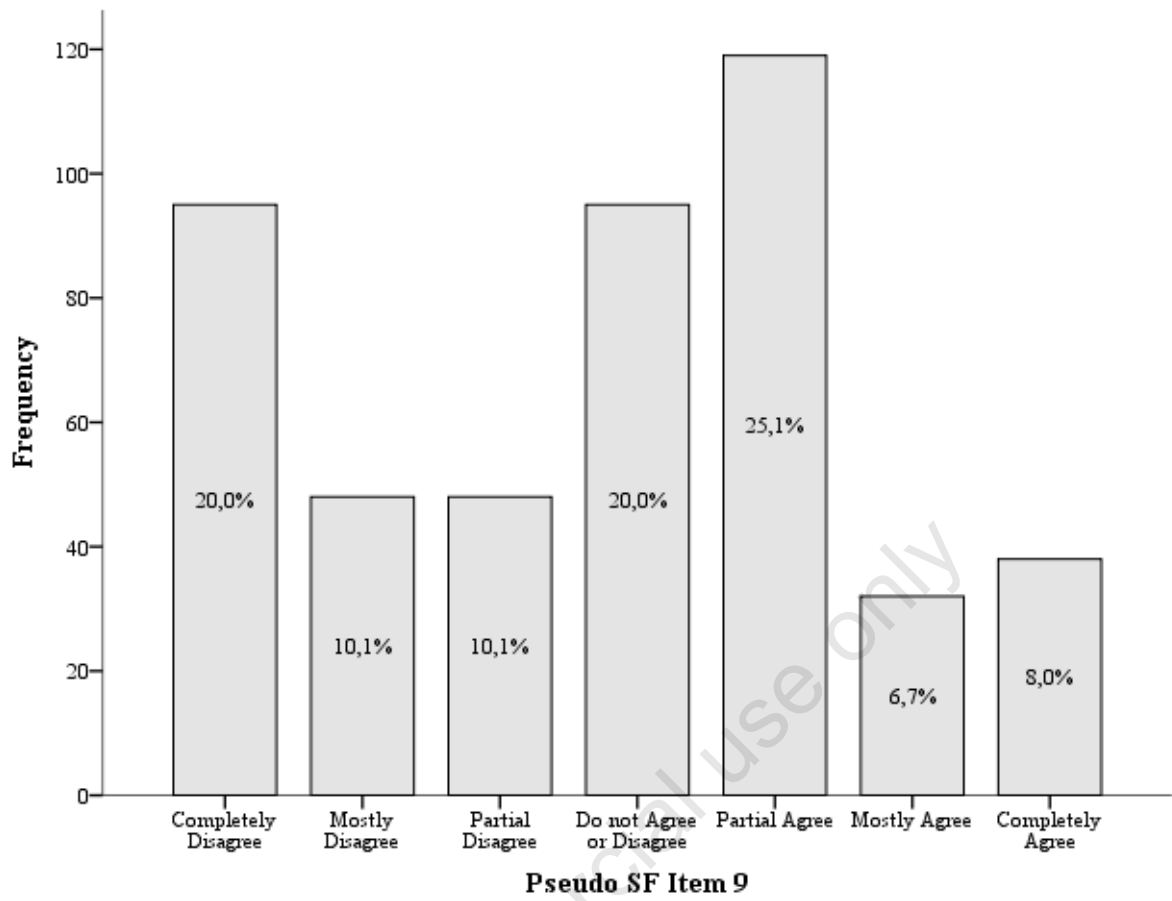
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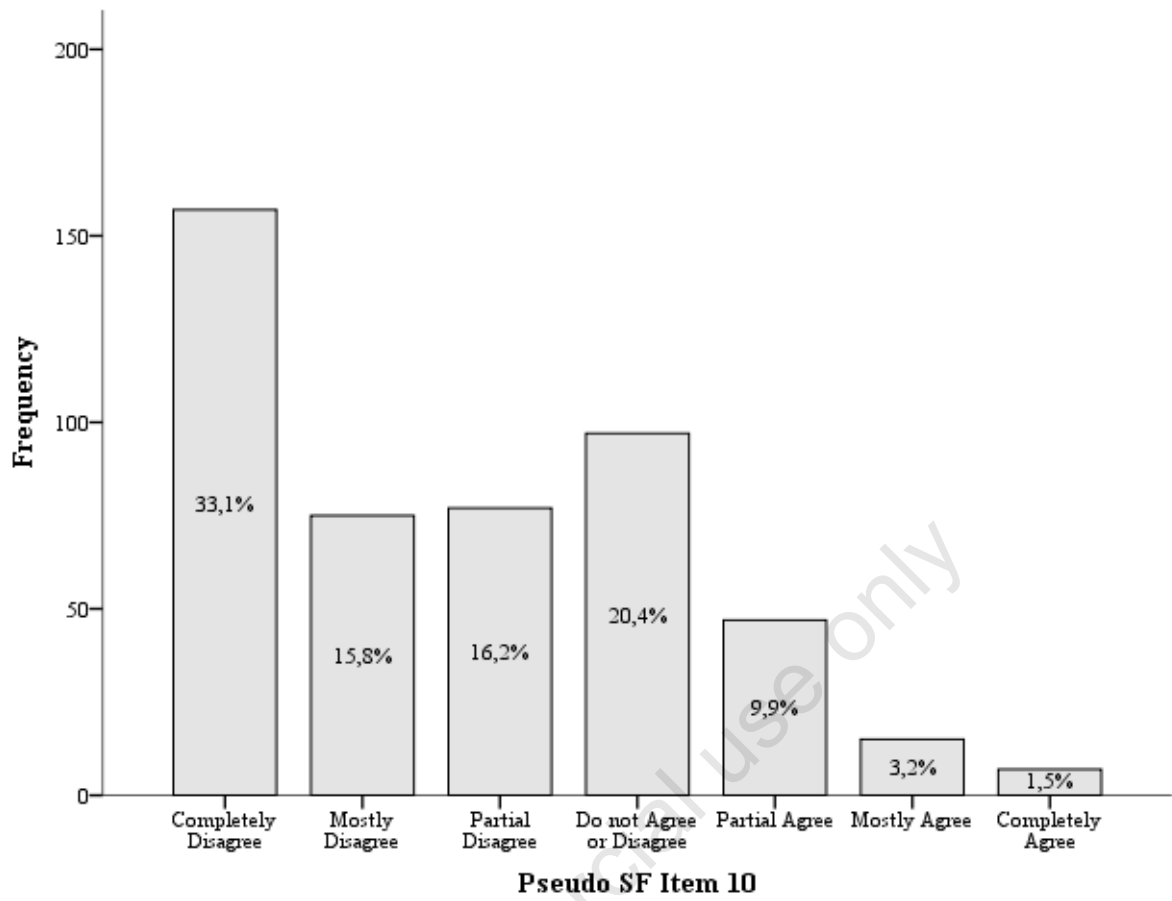


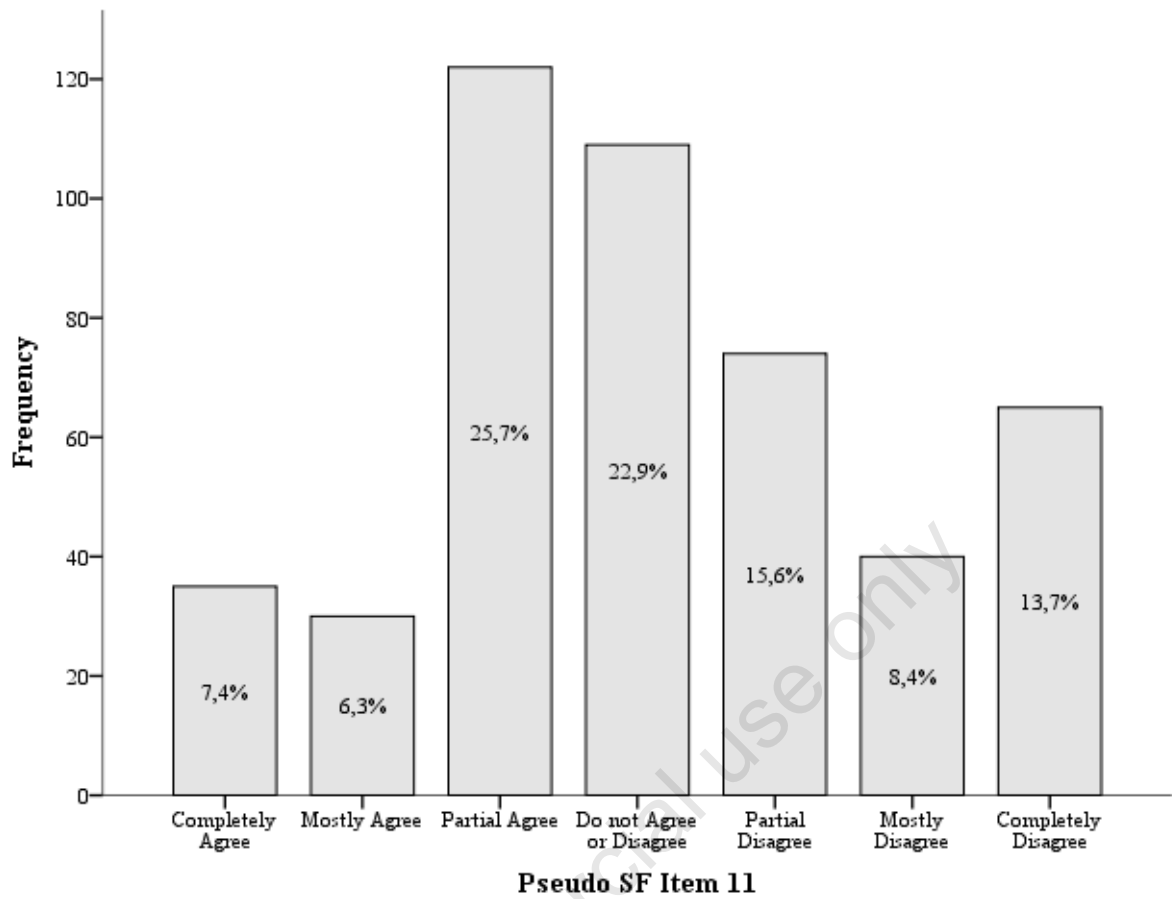
SP Item 7

Descriptive item analysis by barplots – DSFPS (subscale Pseudo SF)

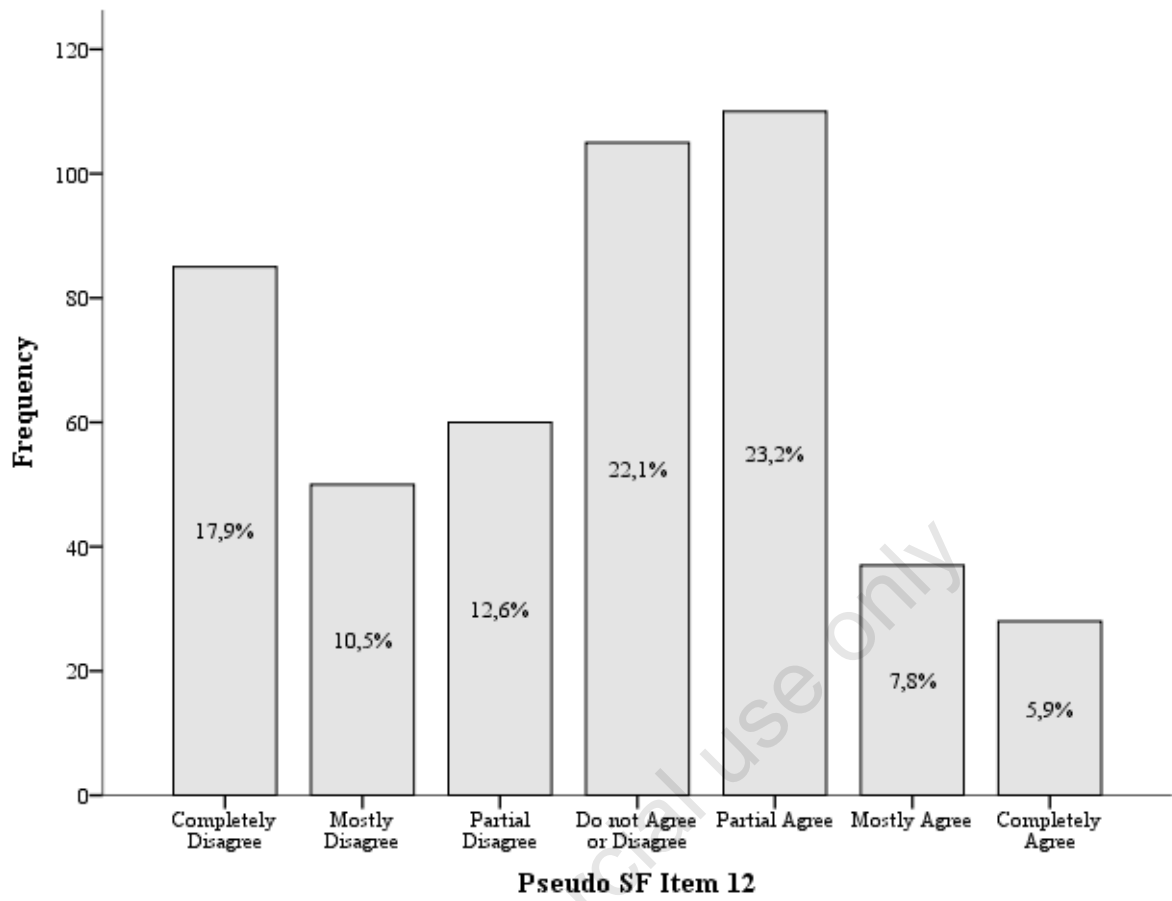


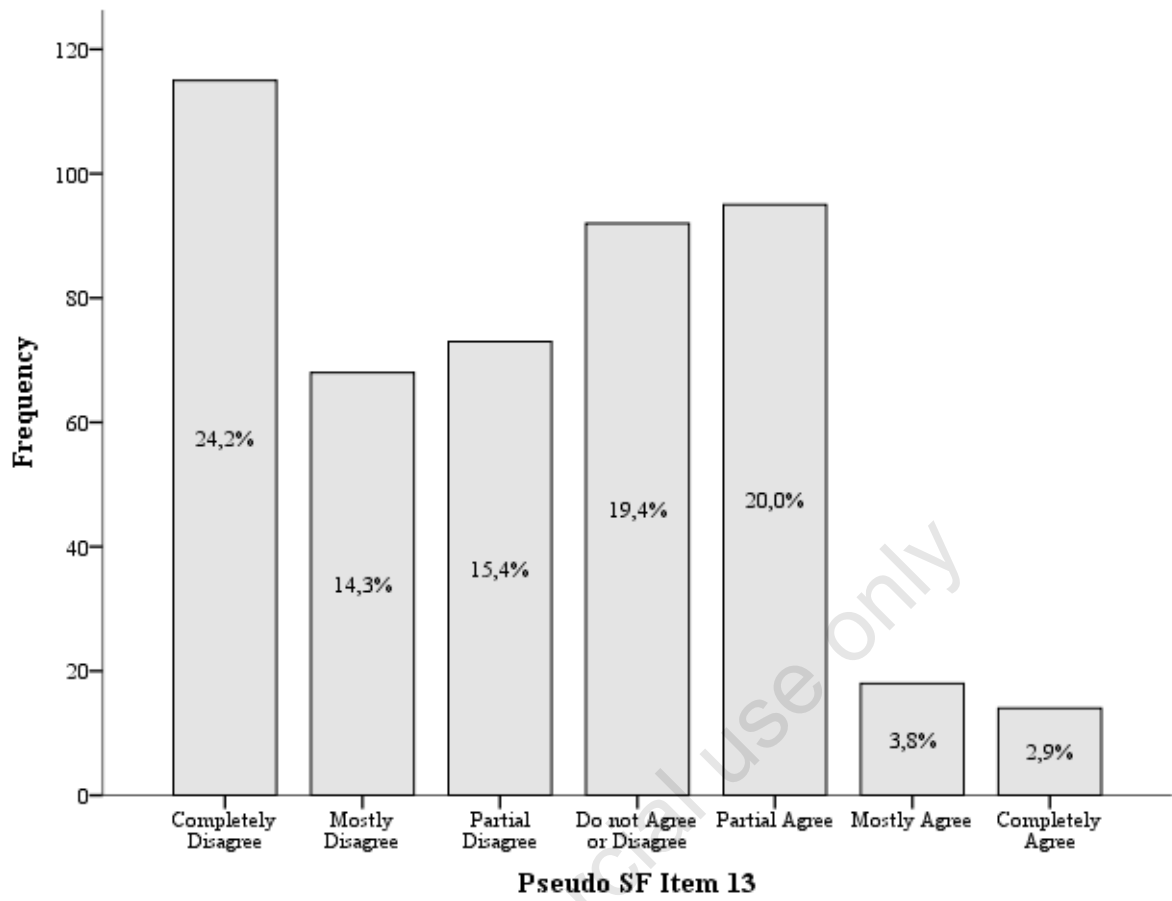




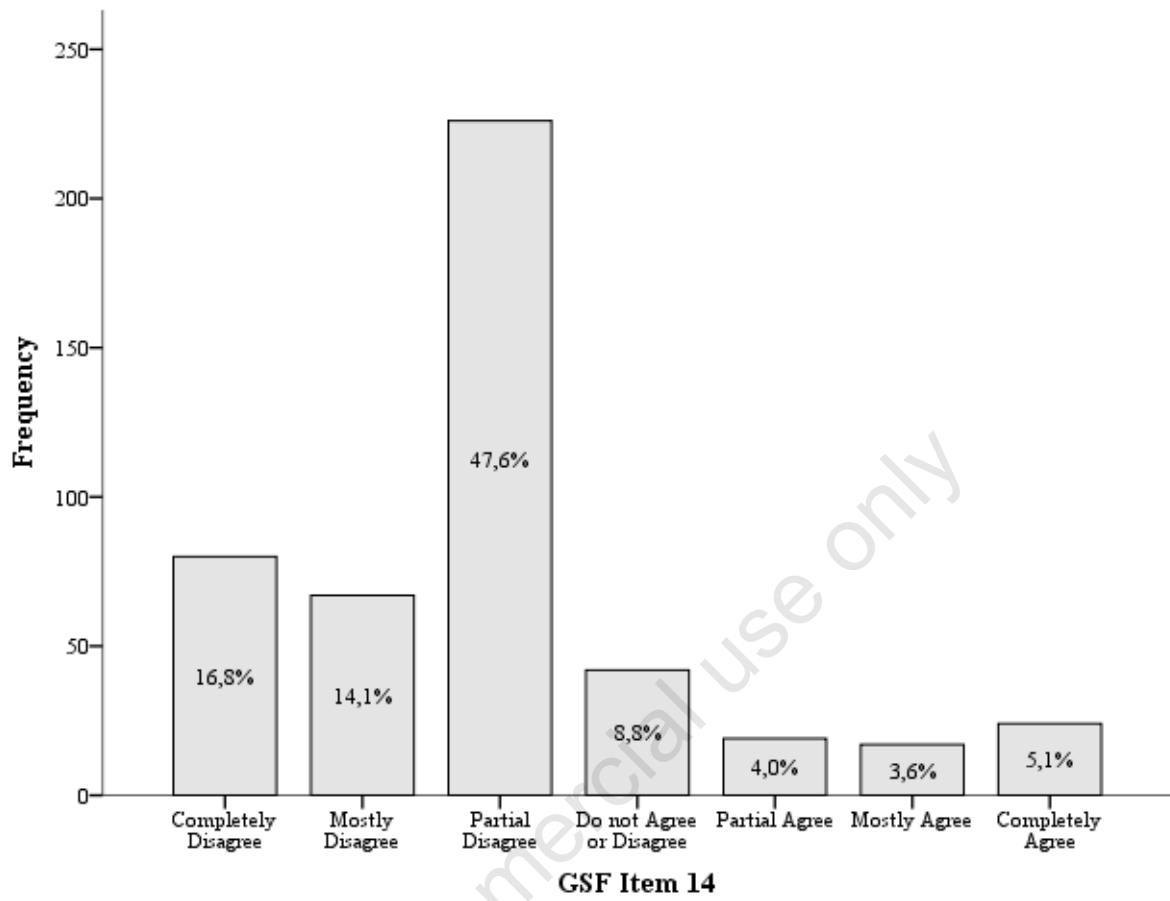


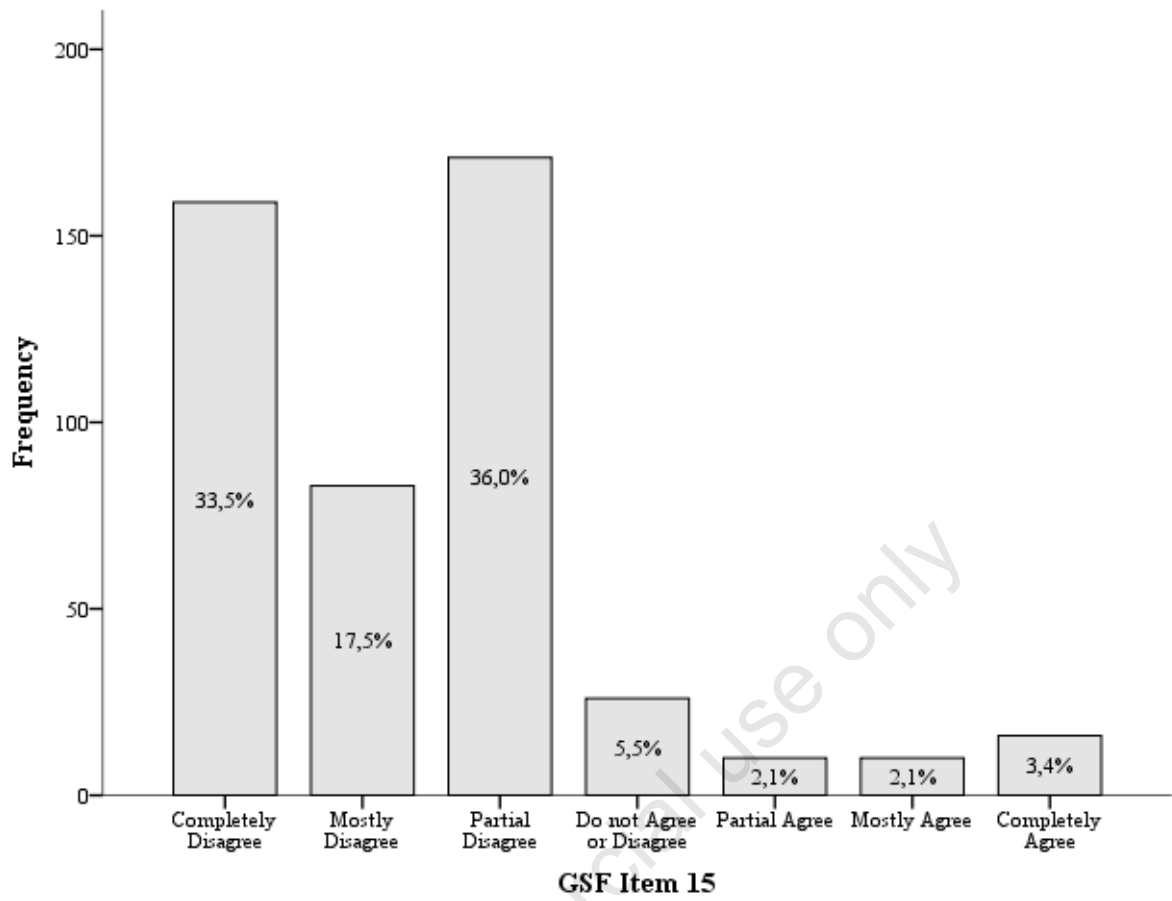
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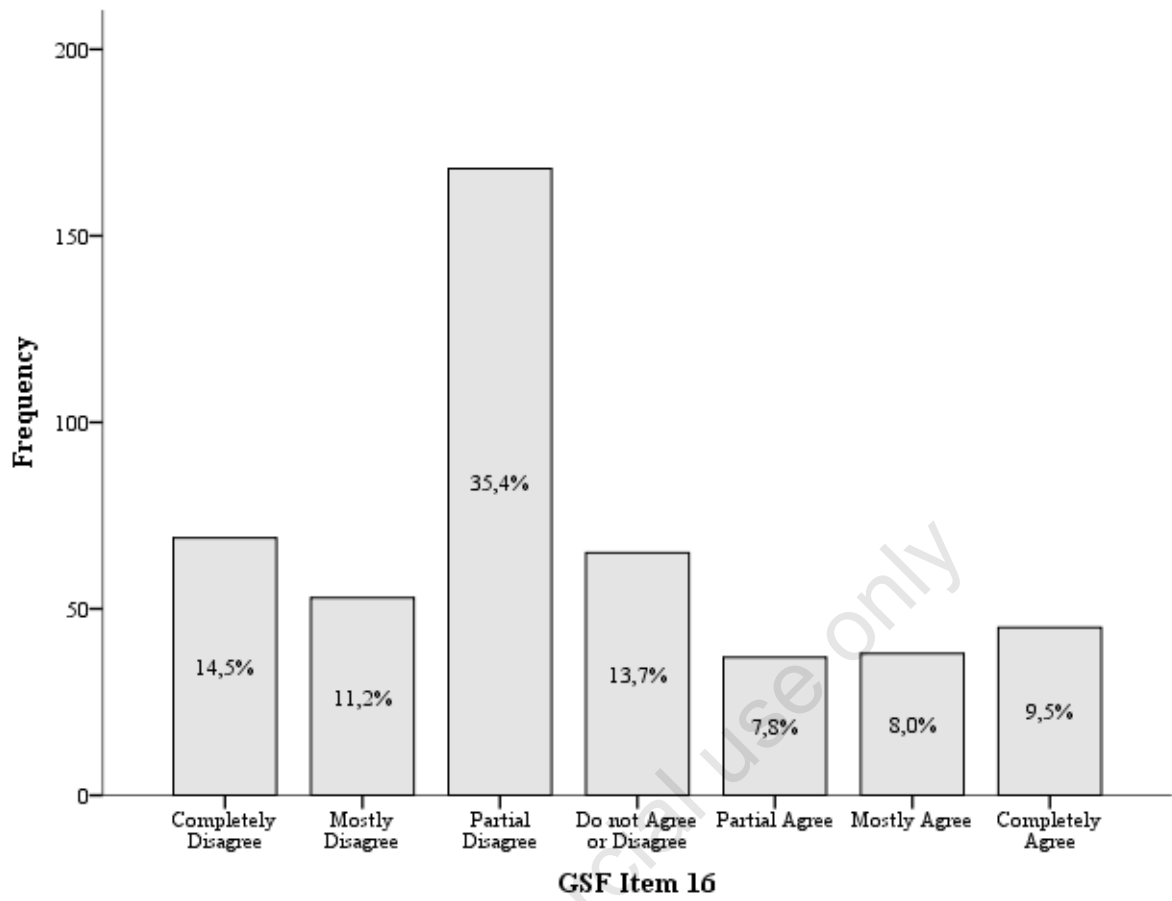


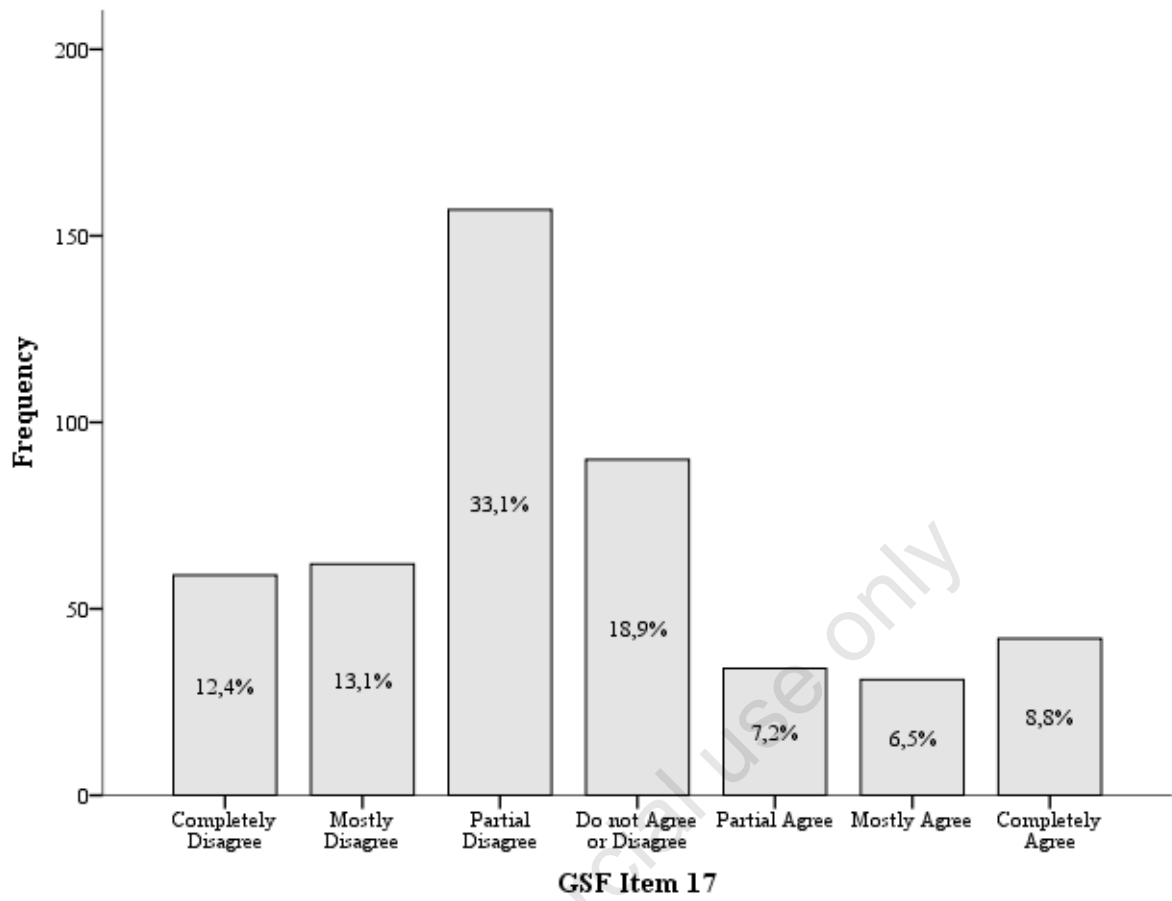
Descriptive item analysis by barplots – DSFPS (subscale GSF)

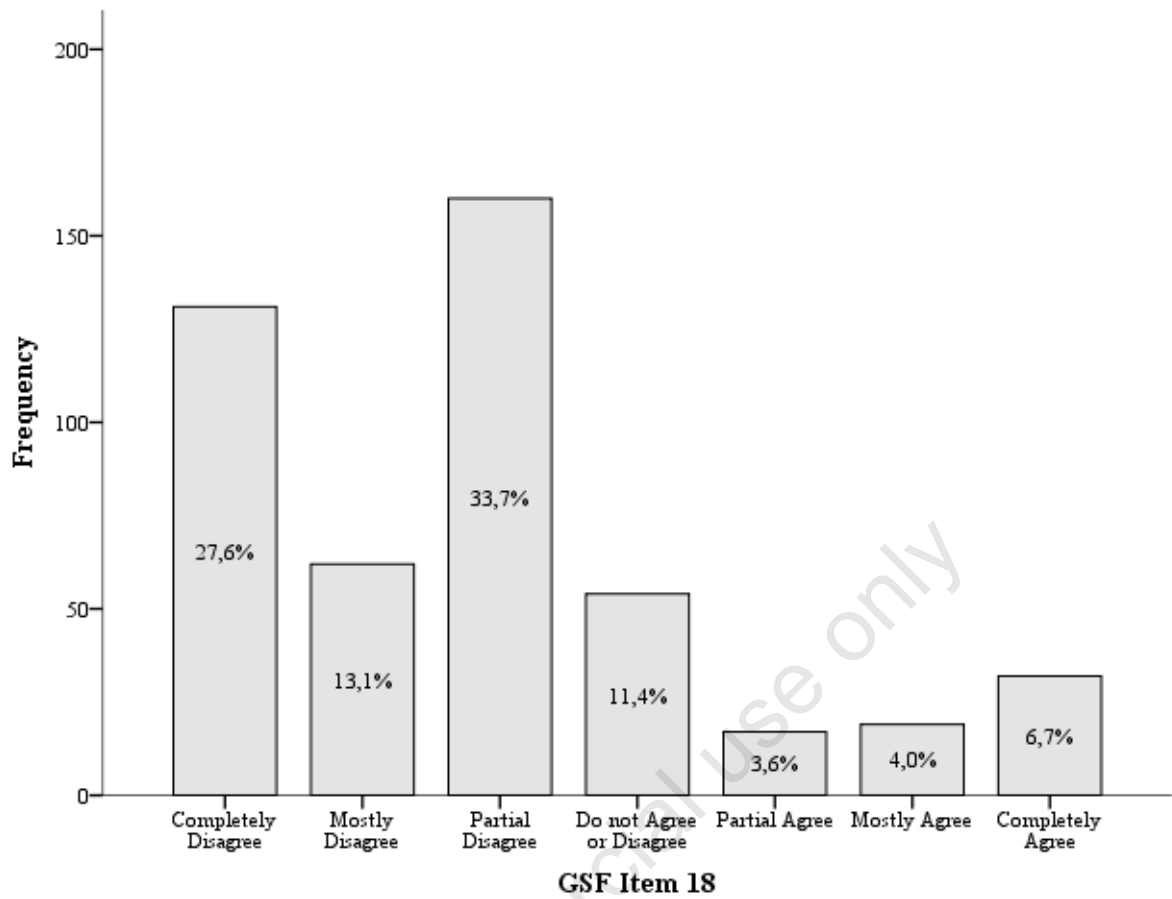




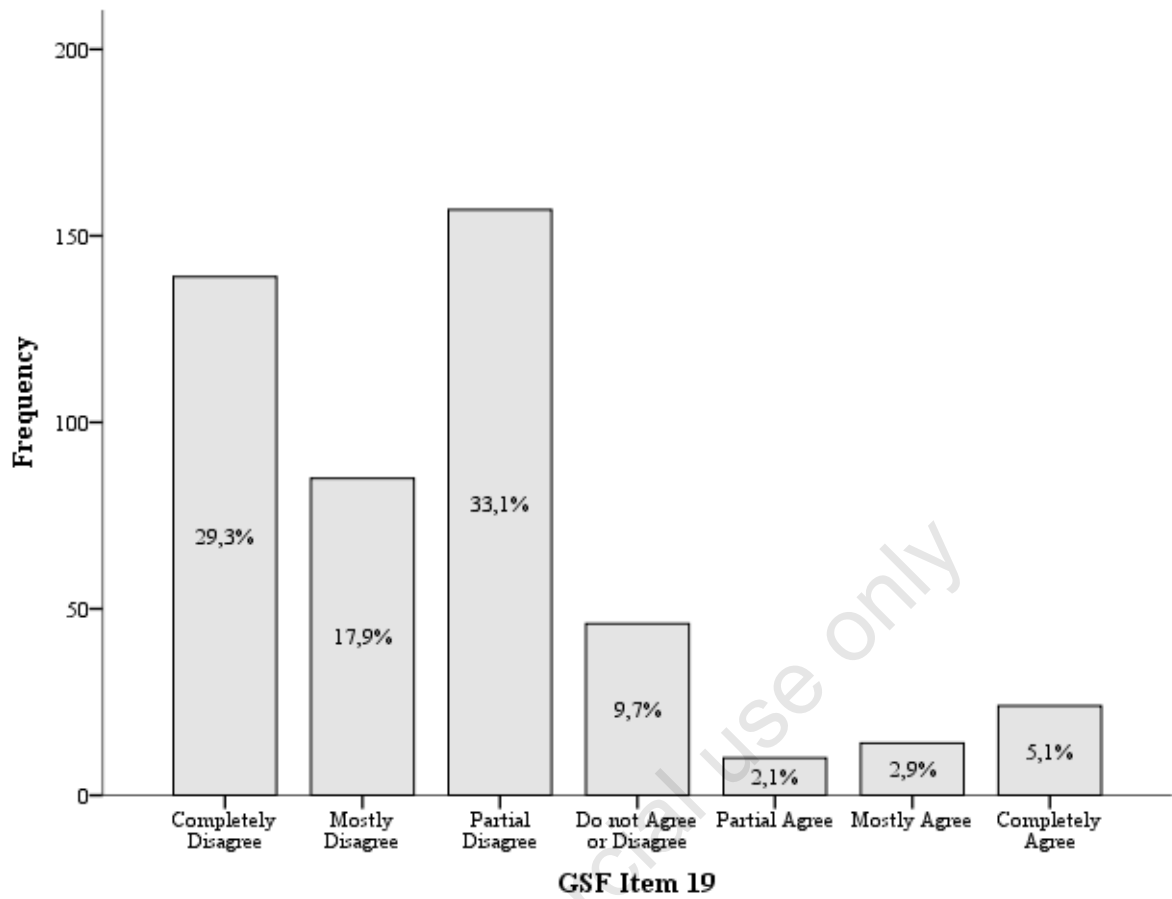
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