

Self-Compassion Scale

When you answer these questions please consider:

“HOW DO I TYPICALLY ACT TOWARDS MYSELF IN DIFFICULT TIMES?”

Please read each statement carefully before answering. Discuss your results with your coach.

Instructions:

To the left of each item, indicate how often you behave in the stated manner.

Use the following scale: (except for questions that are highlighted)

Almost Never				Almost Always
1	2	3	4	5

Highlighted questions use this reversed scale:

Almost Always				Almost Never
1	2	3	4	5

To calculate take the average of each section responses. Make sure you reverse the negative subscale items for self-judgment, isolation, and over-identification (i.e., 1 = 5, 2 = 4, 3 = 3, 4 = 2, 5 = 1).

Coding Key	Question	Total Score	Average Score
Self-Kindness (SK)	5, 12, 19, 23, 26		(Total/5)
Self-Judgment (SJ)	1, 8, 11, 16, 21		(Total /5)
Common Humanity (H)	3, 7, 10, 15		(Total /4)
Isolation (I)	4, 13, 18, 25		(Total /4)
Mindfulness (M)	9, 14, 17, 22		(Total /4)
Over-identification (OI)	2, 6, 20, 24		(Total /4)

Italicised are negative (reversed scores)

Statement	Dimension	Score (1 to 5)
1. I'm disapproving and judgmental about my own flaws and inadequacies.	SJ	
2. When I'm feeling down I tend to obsess and fixate on everything that's wrong.	OI	
3. When things are going badly for me, I see the difficulties as part of life that everyone goes through.	H	

4. When I think about my inadequacies, it tends to make me feel more separate and cut off from the rest of the world.	I	
5. I try to be loving towards myself when I'm feeling emotional pain.	SK	
6. When I fail at something important to me I become consumed by feelings of inadequacy.	OI	
7. When I'm down and out, I remind myself that there are lots of other people in the world feeling like I am.	H	
8. When times are really difficult, I tend to be tough on myself.	SJ	
9. When something upsets me I try to keep my emotions in balance.	M	
10. When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.	H	
11. I'm intolerant and impatient towards those aspects of my personality I don't like.	SJ	
12. When I'm going through a very hard time, I give myself the caring and tenderness I need.	SK	
13. When I'm feeling down, I tend to feel like most other people are probably happier than I am.	I	
14. When something painful happens I try to take a balanced view of the situation.	M	
15. I try to see my failings as part of the human condition.	H	
16. When I see aspects of myself that I don't like, I get down on myself.	SJ	
17. When I fail at something important to me I try to keep things in perspective.	M	
18. When I'm really struggling, I tend to feel like other people must be having an easier time of it.	I	
19. I'm kind to myself when I'm experiencing suffering.	SK	
20. When something upsets me I get carried away with my feelings.	OI	
21. I can be a bit cold-hearted towards myself when I'm experiencing suffering.	SJ	
22. When I'm feeling down I try to approach my feelings with curiosity and openness.	M	
23. I'm tolerant of my own flaws and inadequacies.	SK	
24. When something painful happens I tend to blow the incident out of proportion.	OI	
25. When I fail at something that's important to me, I tend to feel alone in my failure.	I	
26. I try to be understanding and patient towards those aspects of my personality I don't like.	SK	

Reference: Neff, K. D. (2003). Development and validation of a scale to measure self-compassion. *Self and Identity*, 2, 223-250.