**Self-Compassion Scale**

**HOW I TYPICALLY ACT TOWARDS MYSELF IN DIFFICULT TIMES**

Please read each statement carefully before answering. To the left of each item, indicate how

often you behave in the stated manner, using the following scale:

**Almost Almost**

**never always**

**1 2 3 4 5**

strongly disagree disgree neutral agree strongly agree

**Self-Kindness Items: 5, 12, 19, 23, 26**

\_\_\_\_\_ 5. I try to be loving towards myself when I’m feeling emotional pain.

\_\_\_\_\_ 12. When I’m going through a very hard time, I give myself the caring and tenderness I

need.

\_\_\_\_\_ 19. I’m kind to myself when I’m experiencing suffering.

\_\_\_\_\_ 23. I’m tolerant of my own flaws and inadequacies.

\_\_\_\_\_ 26. I try to be understanding and patient towards those aspects of my personality I don't

like.

**Self-Judgment Items: 1, 8, 11, 16, 21**

\_\_\_\_\_ 1. I’m disapproving and judgmental about my own flaws and inadequacies.

\_\_\_\_\_ 8. When times are really difficult, I tend to be tough on myself.

\_\_\_\_\_ 11. I’m intolerant and impatient towards those aspects of my personality I don't like.

\_\_\_\_\_ 16. When I see aspects of myself that I don’t like, I get down on myself.

\_\_\_\_\_ 21. I can be a bit cold-hearted towards myself when I'm experiencing suffering.

**Common Humanity Items: 3, 7, 10, 15**

\_\_\_\_\_ 3. When things are going badly for me, I see the difficulties as part of life that everyone

goes through.

\_\_\_\_\_ 7. When I'm down and out, I remind myself that there are lots of other people in the world

feeling like I am.

\_\_\_\_\_ 10. When I feel inadequate in some way, I try to remind myself that feelings of

inadequacy are shared by most people.

\_\_\_\_\_ 15. I try to see my failings as part of the human condition.

**Isolation Items: 4, 13, 18, 25**

\_\_\_\_\_ 4. When I think about my inadequacies, it tends to make me feel more separate and cut

off from the rest of the world.

\_\_\_\_\_ 13. When I’m feeling down, I tend to feel like most other people are probably happier

than I am.

\_\_\_\_\_ 18. When I’m really struggling, I tend to feel like other people must be having an easier

time of it.

\_\_\_\_\_ 25. When I fail at something that's important to me, I tend to feel alone in my failure.

**Mindfulness Items: 9, 14, 17, 22**

\_\_\_\_\_ 9. When something upsets me I try to keep my emotions in balance.

\_\_\_\_\_ 14. When something painful happens I try to take a balanced view of the situation.

\_\_\_\_\_ 17. When I fail at something important to me I try to keep things in perspective.

\_\_\_\_\_ 22. When I'm feeling down I try to approach my feelings with curiosity and openness.

**Over-identified Items: 2, 6, 20, 24**

\_\_\_\_\_ 2. When I’m feeling down I tend to obsess and fixate on everything that’s wrong.

\_\_\_\_\_ 6. When I fail at something important to me I become consumed by feelings of

inadequacy.

\_\_\_\_\_ 20. When something upsets me I get carried away with my feelings.

\_\_\_\_\_ 24. When something painful happens I tend to blow the incident out of proportion.