

Self-Compassion Scale

HOW I TYPICALLY ACT TOWARDS MYSELF IN DIFFICULT TIMES

Please read each statement carefully before answering. For each item, indicate how often you behave in the stated manner, using the following 1-5 scale. Please answer according to what really reflects your experience rather than what you think your experience should be.

**Almost
Never** **1 2 3 4 5** **Almost
Always**

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

Self-Compassion Scale

SCORING SECTION 1:

Points per question in this section coincide with your rating on the 1–5 scale:

1 = 1 point • 2 = 2 points • 3 = 3 points • 4 = 4 points • 5 = 5 points

To calculate the mean score for each sub scale, add up points in the Score column and then divide by the number of questions in the Question Number column.

Self-Kindness Sub Scale (SK)

Question Number	Score
5	
12	
19	
23	
26	

Mean Score for Self-Kindness =

Common Humanity Sub Scale (CH)

Question Number	Score
3	
7	
10	
15	

Mean Score for Common Humanity =

Mindfulness Sub Scale (M)

Question Number	Score
9	
14	
17	
22	

Mean Score for Mindfulness =

Total Score Section 1:

$$\frac{\quad}{\text{SK}} + \frac{\quad}{\text{CH}} + \frac{\quad}{\text{M}} = \square$$

Self-Compassion Scale

SCORING SECTION 2:

Points per question in this section are the **reverse** of your rating on the 1–5 scale:

1 = 5 points • 2 = 4 points • 3 = 3 points • 4 = 2 points • 5 = 1 point

To calculate the mean score for each sub scale, add up points in the Score column and then divide by the number of questions in the Question Number column.

Self-Judgement Sub Scale (SJ)

Question Number	Score
1	
8	
11	
16	
21	

Mean Score for Self-Kindness =

Isolation Sub Scale (I)

Question Number	Score
4	
13	
18	
25	

Mean Score for Common Humanity =

Over Identification Sub Scale (OI)

Question Number	Score
2	
6	
20	
24	

Mean Score for Mindfulness =

Total Score Section 2:

$$\frac{\quad}{\text{SJ}} + \frac{\quad}{\text{I}} + \frac{\quad}{\text{OI}} = \square$$

Self-Compassion Scale

YOUR SELF-COMPASSION SCORE

Now calculate your total Self-Compassion score using the following formula:

$$\frac{\text{Total Score Section 1 Score} + \text{Total Score Section 2}}{6} = \text{Self-Compassion Score}$$

Your self-compassion score is not a medical diagnosis, nor a clinical norm.

Your score provides you with a way to assess your current levels of self-compassion and the ability to reevaluate changes to self-compassion after a period of practice.

Self Compassion Scores:

- **1.0- 2.49 = Low**
- **2.5- 3.5 = Moderate**
- **3.51-5.0 = High**

Your sub scales can also help you better understand what areas of self-compassion may need more of your attention and areas you are already excelling in. This allows you to focus your practice in sub scales that are lower, to help elevate your overall sense of self-compassion.

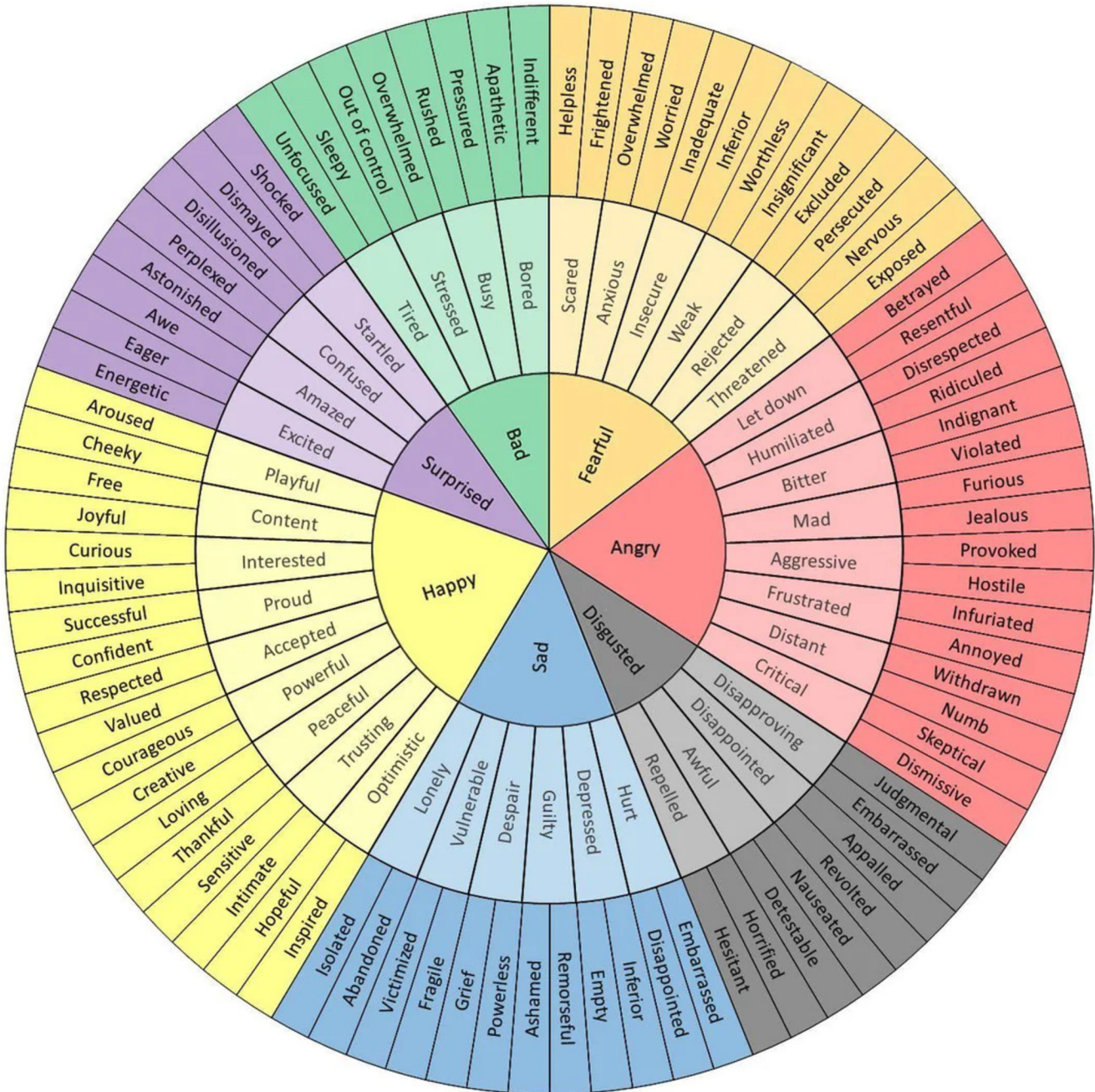
For example, if your score for self-kindness is moderate or high, while your score in mindfulness is low, you may want to try adding practices like meditation, body scanning, and other breathing techniques.

Your sub scales can also help you better understand your personal stress response and help you identify self-compassion practices to down regulate your threat response.

Threat Response	Stress Response	Self-Compassion
Fight	Self-Criticism	Self-Kindness
Flight	Isolation	Common Humanity
Freeze	Rumination	Mindfulness

The Feelings Wheel

To use a feelings wheel, start at the centre with primary emotions (e.g., Sad, Angry, Happy) and move outward to identify more nuanced, specific feelings (e.g., lonely, enraged, optimistic).



Self-Talk Tool

Think about the last time you made a big mistake.
What kinds of things did you say to yourself in that situation?

A large, empty rounded rectangular box with a thick black border, intended for the user to write down the things they said to themselves during a mistake.

Now try restating what you said to yourself in a more positive,
productive way using words that are meaningful to you.
Now what would you say?

A large, empty rounded rectangular box with a thick black border, intended for the user to write down a more positive and productive restatement of their self-talk.

Compassionate Thought Diary

SELF-CRITICAL THINKING

1. What is the trigger?

(e.g., feeling anxious about an upcoming work presentation)

2. What is the self-critical part of me saying?

(e.g., I'm going to mess it up - other people can do these with no problem - I'm just too anxious and may lose my job)

3. What tone of voice is it using?

(e.g., aggressive)

4. How much do I believe my self-critical thoughts (from 0 to 100%)?

5. What emotions am I feeling (from 0 to 100%)?

(e.g., anxious - 90% - use Feelings Wheel if unsure of emotion)

6. What physical sensations or behaviours go with these feelings?

(e.g., butterflies, want to call in sick to work)

Compassionate Thought Diary

COMPASSIONATE THINKING

1. What does my compassionate image have to say about this?

(e.g., that sounds really hard, I'm sorry you are having to go through this, this is normal, just focus on what you need to do)

2. What advice would I give to a friend I deeply care about who was thinking and feeling this way?

(e.g., you are not alone, you can do this)

3. What does the compassionate part of me want to say to the self-critical part?

(e.g., I know you are just scared for me and trying to push me harder but you are just making me more anxious and I need to focus)

4. What are some other ways of viewing this situation that might be more realistic, kinder or more helpful to me?

(e.g., my presentations have mostly gone well, I won't lose my job over this, I am valued for many things I do at work)

Compassionate Thought Diary

COMPASSIONATE THINKING- CON'T.

5. How will I feel about this in one week, one month or one year (if it won't matter much then, can I let go of it now)?

(e.g., I may still think about this in a week and probably not much after that. Maybe it isn't as important in the grand scheme of things)

6. What can I do to cope and look after myself now?

(e.g., focus on preparing my slides and then go do something relaxing and fun to give myself a break from thinking about this)

Compassionate Thought Diary

COMPASSIONATE CONCLUSION

1. What is a more compassionate and helpful conclusion to replace the self-criticism?

(e.g., it is okay and normal to feel anxious and by balancing my time between preparing and relaxing it will probably go well and I likely won't care in a month anyway)

2. How much do I believe the self-critical thoughts now from (0 to 100%)?

3. How intense is my initial main emotion now (from 0 to 100%)?

4. What meaningful compassionate action will I take next?