HOW I TYPICALLY ACT TOWARDS MYSELF IN DIFFICULT TIMES

Please read each statement carefully before answering. Indicate how often you behave in the stated manner, using the following scale:

1 = Almost never, 2, 3, 4, 5=Almost always

1. When I fail at something important to me I become consumed by feelings of inadequacy.

 \_ 1. Almost never \_ 2 \_ 3 \_ 4 \_ 5 Almost always

2. I try to be understanding and patient towards those aspects of my personality I don’t like.

 \_ 1. Almost never \_ 2 \_ 3 \_ 4 \_ 5 Almost always

3. When something painful happens I try to take a balanced view of the situation.

 \_ 1. Almost never \_ 2 \_ 3 \_ 4 \_ 5 Almost always

4. When I’m feeling down, I tend to feel like most other people are probably happier than I am.

 \_ 1. Almost never \_ 2 \_ 3 \_ 4 \_ 5 Almost always

5. I try to see my failings as part of the human condition.

 \_ 1. Almost never \_ 2 \_ 3 \_ 4 \_ 5 Almost always

6. When I’m going through a very hard time, I give myself the caring and tenderness I need.

 \_ 1. Almost never \_ 2 \_ 3 \_ 4 \_ 5 Almost always

7. When something upsets me I try to keep my emotions in balance.

 \_ 1. Almost never \_ 2 \_ 3 \_ 4 \_ 5 Almost always

8. When I fail at something that’s important to me, I tend to feel alone in my failure.

 \_ 1. Almost never \_ 2 \_ 3 \_ 4 \_ 5 Almost always

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

 \_ 1. Almost never \_ 2 \_ 3 \_ 4 \_ 5 Almost always

10. When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.

 \_ 1. Almost never \_ 2 \_ 3 \_ 4 \_ 5 Almost always

11. I’m disapproving and judgmental about my own flaws and inadequacies.

 \_ 1. Almost never \_ 2 \_ 3 \_ 4 \_ 5 Almost always

12. I’m intolerant and impatient towards those aspects of my personality I don’t like.

 \_ 1. Almost never \_ 2 \_ 3 \_ 4 \_ 5 Almost always

Notes:

The short scale (12 items instead of 26 items) has a near perfect correlation with the long scale when examining total scores. Developers do not recommend using the short form if you are interested in subscale scores, since they’re less reliable with the short form.

Coding Key:

Self-Kindness Items: 2, 6

Common Humanity Items: 5, 10

Mindfulness Items: 3, 7

Self-Judgment Items: 11, 12  *(negative subscale)*

Isolation Items: 4, 8  *(negative subscale)*

Over-identified Items: 1, 9 *(negative subscale)*

Subscale scores are computed by calculating the mean of subscale item responses. To compute a

total self-compassion score, reverse score the negative subscale items - self-judgment, isolation,

and over-identification (i.e., 1 = 5, 2 = 4, 3 = 3, 4 = 2, 5 = 1) - then compute a total mean.

Reference: Raes, F., Pommier, E., Neff, K. D., & Van Gucht, D. (2011). Construction and factorial validation of a short form of the Self-Compassion Scale. *Clinical Psychology & Psychotherapy*. 18, 250-255.