

Self-Compassion Scale

(Kristin Neff, 2003)

How I Typically Act Toward 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.

- | Almost
never | | | | | Almost
always |
|-------------------------|----------|----------|----------|----------|---|
| 1 | 2 | 3 | 4 | 5 | |
| _____ | | | | | 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 and out, 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.
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Calculating Your Level of Self-Compassion

Please record the score you gave for each item in the scale, and then calculate your Grand Compassion Average as given below:

Self-Kindness (SK) Items:

- #5 _____
- #12 _____
- #19 _____
- #23 _____
- #26 _____

SK Subtotal of items: _____

SK Average (divide subtotal by 5): _____

Common Humanity (CH) Items:

- #3 _____
- #7 _____
- #10 _____
- #15 _____

CH Subtotal of items: _____

CH Average (divide subtotal by 4): _____

Self-Judgment (SJ) Items:

- #1 _____
- #8 _____
- #11 _____
- #16 _____
- #21 _____

SJ Subtotal of items: _____

SJ Average (divide subtotal by 5): _____

Isolation (I) Items:

- #4 _____
- #13 _____
- #18 _____
- #25 _____

I Subtotal of items: _____

I Average (divide subtotal by 4): _____

**Mindfulness (M) Items:
Items:**

#9 _____
#14 _____
#17 _____
#22 _____

M Subtotal of items: _____

_____ **M** Average (divide subtotal by 4): _____

Over-identification (OI)

#2 _____
#6 _____
#20 _____
#24 _____

OI Subtotal of items: _____

OI Average (divide sub-total by 4): _____

Total Self-Compassion Score:

1. Reverse-code (rc) the negatively worded subscales (**SJ**, **I**, and **OI**) by subtracting each average from 6.

$$6 - \mathbf{SJ} \text{ average} = \underline{\quad} \quad 6 - \mathbf{I} \text{ average} = \underline{\quad} \quad 6 - \mathbf{OI} \text{ average} = \underline{\quad}$$

2. Add the six averages: SK _____ + SJ (rc) _____ + CH _____ + I (rc) _____ + M _____ + OI (rc) _____ = _____

3. Calculate Grand Self-Compassion Average (total average divided by 6) = _____

What Your Score Means:

Average scores tend to be around 3.0 on the 1-5 scale, so you can interpret your total self-compassion score accordingly. As a rough guide, a score of 1-2.5 indicates you are low in self-compassion, 2.5-3.5 indicates you are moderate, and 3.5-5.0 means you are high. Remember that higher averages for the SJ, I, and OI subscales indicate *less* self-compassion before reverse-coding and *more* after reverse-coding.

References

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

Neff, K. D. (2003). Self-compassion: An alternative conceptualization of a healthy attitude toward oneself. *Self and Identity*, 2, 85-102.

For more on self-compassion and to download the scale, go to www.self-compassion.org
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