



Activity: Self-Compassion Scale

Used in this toolkit with permission from Dr. Kristin Neff

Please read each statement carefully before answering. To the left of each item, indicate how often you behave in the stated manner. You can also [take this self-scale online](#) with automatic scoring.

Almost never

Almost always

1	2	3	4	5
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	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. _____

Left blank to make scoring easier for double sided copies.

Wellness and Resilience Strategies: Heart



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): _____

Self-Judgment (SJ) Items:

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

SJ Subtotal of items: _____
SJ Average (divide subtotal by 5): _____

Common Humanity (CH) Items:

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

CH Subtotal of items: _____
CH Average (divide subtotal by 4): _____

Isolation (I) Items:

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

I Subtotal of items: _____
I Average (divide subtotal by 4): _____

Mindfulness (M) Items:

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

M Subtotal of items: _____
M Average (divide subtotal by 4): _____

Over-identification (OI) Items:

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

OI Subtotal of items: _____
OI Average (divide subtotal by 4): _____

Total Self-Compassion Score:

- Reverse-code (rc) the negatively worded subscales (SJ, I, and OI) by subtracting each average from 6.
 $6 - \text{SJ average} = \underline{\hspace{2cm}}$ $6 - \text{I average} = \underline{\hspace{2cm}}$ $6 - \text{OI average} = \underline{\hspace{2cm}}$
- Add the six averages: $\text{SK} \underline{\hspace{1cm}} + \text{SJ (rc)} \underline{\hspace{1cm}} + \text{CH} \underline{\hspace{1cm}} + \text{I (rc)} \underline{\hspace{1cm}} + \text{M} \underline{\hspace{1cm}} + \text{OI (rc)} \underline{\hspace{1cm}} = \underline{\hspace{2cm}}$
- 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 excellent resources on self-compassion go to [Dr. Kristin Neff's website](#).

