



## 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. _____

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# 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](#).

