
APPENDIX 20.1: Self-Compassion Scale

HOW I TYPICALLY ACT TOWARD 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					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 toward 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 toward 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 toward 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 toward those aspects of my personality I don't like.

Scoring Key

- Self-kindness items: 5, 12, 19, 23, 26
- Self-judgment items (reverse scored): 1, 8, 11, 16, 21
- Common humanity items: 3, 7, 10, 15
- Isolation items (reverse scored): 4, 13, 18, 25
- Mindfulness items: 9, 14, 17, 22
- Overidentification items (reverse scored): 2, 6, 20, 24

To compute a total self-compassion score, first reverse score (1 = 5, 2 = 4, 3 = 3, 4 = 2, 5 = 1) the negative subscale items—self-judgment, isolation, and overidentification. Then, take the mean of each subscale and compute a total mean (the average of the six subscale means).

When examining subscale scores, higher scores on the self-judgment, isolation, and overidentification scale indicate less self-compassion before reverse coding and more self-compassion after reverse coding.

Note. Self-Compassion Scale is adapted from “Development and Validation of a Scale to Measure Self-Compassion,” by K. D. Neff, 2003, *Self and Identity*, 2(3), pp. 231–232 (<https://doi.org/10.1080/15298860309027>). Copyright 2003 by The Author(s).

Please visit <https://self-compassion.org/self-compassion-scales-for-researchers/> for more information regarding additional versions of the Self-Compassion Scale (SCS; e.g., SCS short form, SCS for youths). Dr. Kristin Neff grants permission to use the SCS (K. D. Neff, 2003b) for any purpose, including research, clinical work, teaching, etc. Please cite the reference listed above.

APPENDIX 20.2: Written Exercise Worksheet

Please answer the following writing prompts. Afterward, you will discuss your experience with this exercise in small groups. You will not have to share the details of what you write, so please be open and respond honestly.

1. Think about times when you feel bad about yourself or are struggling in some way. How do you typically respond to yourself in these situations? Please write down what you typically do or say and note the tone in which you talk to yourself.
2. Now think about times when a close friend feels really bad about themselves or is really struggling in some way. How do you typically respond to your friend in these situations (especially when you're at your best)? Again, write down what you typically do or say, and note the tone in which you talk to your close friends.
3. Did you notice any differences? If so, write down potential reasons why.
4. Finally, how do you think things might change if you responded to yourself in the same way that you typically respond to your friends?