Self-Compassion Scale (SCS)
How Do I Act Toward Myself During 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	**1**	**2**	**3**	**4**	**5** **Almost Always**

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, 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.	
TOTAL	

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

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Know Your Neuro

SCORING KEY

Transfer your scores from the items on your self-compassion scale to table below. To reverse score items, substitute the following scores for yours (1=5, 2=4, 3=3, 4=2, 5=1).

To compute a total self-compassion score, first reverse score the negative subscale items – self judgment, isolation, and over-identification.

Then take the mean of each subscale and compute a total mean (the average of the six subscale means).

Self-Kindness Items		Self-Judgment Items (reverse scored)		Common Humanity Items		Isolation Items (reverse scored)		Mindfulness Items		Over-identification Items (reverse scored)	
#5		#1		#3		#4		#9		#2	
#12		#8		#7		#13		#14		#6	
#19		#11		#10		#18		#17		#20	
#23		#16		#15		#25		#22		#24	
#26		#21									
Total/5		Total/5		Total/4		Total/4		Total/4		Total/4	
Total of All Six Scales/6 =											

Total Scores in the 1.0 - 2.49 range indicate low self-compassion.
Total Scores in between 2.5 - 3.5 indicate moderate self-compassion.
Total Scores in between 3.51 - 5.0 indicate high self-compassion.

Look at the scores on each subscale to determine what type of self-compassion to learn about and improve upon.