



Healed and Free Self-Compassion Questionnaire

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, using the following scale:

**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.



Healed and Free Self-Compassion Questionnaire

How I typically act toward myself in difficult times (continued)

- | | Almost
never | | | | Almost
always |
|---------|-----------------|---|---|---|------------------|
| | 1 | 2 | 3 | 4 | 5 |
| ___ 14. | | | | | |
| ___ 15. | | | | | |
| ___ 16. | | | | | |
| ___ 17. | | | | | |
| ___ 18. | | | | | |
| ___ 19. | | | | | |
| ___ 20. | | | | | |
| ___ 21. | | | | | |
| ___ 22. | | | | | |
| ___ 23. | | | | | |
| ___ 24. | | | | | |
| ___ 25. | | | | | |
| ___ 26. | | | | | |