

Healed and Free Self-Compassion Questionnaire

Almost

How I typically act toward myself in difficult times

Almost

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:

	never		aiways					
	1	2	3	4	5			
 _ 1.	I'm disapproving	g and judgn	nental about i	my own flaws	s and inadequac	ies.		
 2.								
 3.	When things are	e going bad	ly for me, I se	e the difficult	ties as part of life	e that everyone goes		
	through.							
 4.	When I think ab	out my inac	dequacies, it t	ends to make	e me feel more s	separate and cut off		
	from the rest of	the world.						
 5.	I try to be loving	towards m	nyself when I'	m feeling em	otional pain.			
 6.	When I fail at so	mething im	nportant to m	e I become c	onsumed by fee	lings of inadequacy.		
 7.	When I'm down	and out, I r	remind mysel	f that there a	re lots of other	people in the world		
	feeling like I am							
 8.	When times are	really diffic	cult, I tend to	be tough on	myself.			
 9.	When somethin	g upsets m	e I try to keep	my emotion	s in balance.			
 10.	When I feel inac	lequate in s	some way, I tr	y to remind r	myself that feeli	ngs of inadequacy		
	are shared by m	ost people.						
 11.	I'm intolerant ar	nd impatien	nt towards the	ose aspects o	f my personality	I don't like.		
 12.	When I'm going	through a v	very hard time	e, I give myse	elf the caring and	d tenderness I need.		
 13.	When I'm feelin	g down, I te	end to feel lik	e most other	people are prob	pably happier than		
	I am.							



Almost

never

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always

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

	1	2	3	4	5			
14.	When someth	ing painful h	appens I try to	take a balan	ced view of th	e 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 in	nportant to me	e I try to keep	things in pers	spective.		
18.	When I'm real	ly struggling,	, I tend to feel	like other pe	ople must be h	naving an easier		
	time of it.							
19.	I'm kind to my	self when I'r	n experiencing	suffering.				
20.	When someth	ing upsets m	e I get carried	away with m	y feelings.			
21.	I can be a bit o	cold-hearted	towards myse	lf when I'm e	xperiencing su	ıffering.		
22.	When I'm feel	ing down I tr	y to approach	my feelings v	vith curiosity a	and openness.		
23.	I'm tolerant of	f my own flav	ws and inadeq	uacies.				
24.	When someth	ing painful h	appens I tend	to blow the ir	ncident out of	proportion.		
25.	When I fail at	something th	nat's importan	t to me, I ten	d to feel alone	in my failure.		
26.	I try to be und	erstanding a	nd patient tow	ards those as	spects of my p	ersonality I		
	don't like.							