

Self-Compassion Scale Short Form (SCS-SF)

HOW I TYPICALLY ACT TOWARDS MYSELF IN DIFFICULT TIMES

Instructions:

Please read each statement carefully before answering. Indicate how often you behave in the stated manner, using the scale provided, circling the number that most closely resembles your behavior.

Question 1:

When I fail at something important to me I become consumed by feelings of inadequacy.

**Almost
always**

5

4

3

2

**Almost
never**

1

Question 2:

I try to be understanding and patient towards those aspects of my personality I don't like.

**Almost
always**

1

2

3

4

**Almost
never**

5

Question 3:

When something painful happens I try to take a balanced view of the situation.

**Almost
always**

1

2

3

4

**Almost
never**

5

Question 4:

When I'm feeling down, I tend to feel like most other people are probably happier than I am.

**Almost
always**

**Almost
never**

5

4

3

2

1

Question 5:

I try to see my failings as part of the human condition.

**Almost
always**

**Almost
never**

1

2

3

4

5

Question 6:

When I'm going through a very hard time, I give myself the caring and tenderness I need.

**Almost
always**

**Almost
never**

1

2

3

4

5

Question 7:

When something upsets me I try to keep my emotions in balance.

**Almost
always**

**Almost
never**

1

2

3

4

5

Question 8:

When I fail at something that's important to me, I tend to feel alone in my failure

**Almost
always**

**Almost
never**

5

4

3

2

1

Question 9:

When I'm feeling down I tend to obsess and fixate on everything that's wrong.

**Almost
always**

**Almost
never**

5

4

3

2

1

Question 10:

When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.

**Almost
always**

**Almost
never**

1

2

3

4

5

Question 11:

I'm disapproving and judgmental about my own flaws and inadequacies.

**Almost
always**

**Almost
never**

5

4

3

2

1

Question 12:

I'm intolerant and impatient towards those aspects of my personality I don't like.

**Almost
always**

**Almost
never**

5

4

3

2

1

Calculating Score:

Total numbers contained within the circled items. Divide total by 12.

Self-Compassion Comparative Ranges:

Score from 1.0 to 2.49 = Low

Score from 2.5 to 3.5 = Moderate

Score from 3.51 to 5.0 = High