



Checking In: Self-Compassion



Now, consider how **compassionate** you are toward yourself. Read each statement that follows and rate it on a scale of 1 to 5 to determine how often it applies to you.



1. I am critical of myself when I don't do well.
2. If things aren't going well, I figure that's normal—and I assume the situation will change eventually.
3. I dwell on negative things when I feel bad.
4. I think everyone has bad days now and then.
5. I let my insecurities get the better of me, and it makes it hard to relate to others.
6. I try not to let myself get overwhelmed by my emotions.
7. I can't stand certain parts of my personality.
8. When life gets hard, I'm patient with myself.
9. If I'm blue, I assume everyone else is happy all the time.
10. I think everyone has shortcomings—that's normal.
11. I often overreact when I'm upset.
12. If I don't succeed at something, I try not to let it bother me.
13. When I'm having trouble, I assume others have it easy.
14. When I'm sad, I say to myself, "Okay, what's really bothering you?"
15. If I don't succeed, I isolate myself from others.
16. I know I'm not perfect, and I'm okay with that.



What is your total score on the odd-numbered questions?

What is your total score on the even-numbered questions?



REFLECTION

What do you notice about your scores? How do they differ between the odd- and even-numbered questions?



If you scored higher on the odd-numbered questions than the even-numbered questions, *developing self-compassion will be beneficial.*

Self-compassion is an important part of healthy self-esteem.

After all, it's impossible to have a good opinion of ourselves if we judge ourselves harshly for mistakes or imperfections.

*Be gentle.
You are doing
the best you can.*

