

SESSION 2

Self-Compassion Scale

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. When I fail at something important to me I become consumed by feelings of inadequacy.
- ___ 2. I try to be understanding and patient towards those aspects of my personality I don't like.
- ___ 3. When something painful happens I try to take a balanced view of the situation.
- ___ 4. When I'm feeling down, I tend to feel like most other people are probably happier than I am.
- ___ 5. I try to see my failings as part of the human condition.
- ___ 6. When I'm going through a very hard time, I give myself the caring and tenderness I need.
- ___ 7. When something upsets me I try to keep my emotions in balance.
- ___ 8. When I fail at something that's important to me, I tend to feel alone in my failure.
- ___ 9. When I'm feeling down I tend to obsess and fixate on everything that's wrong.
- ___ 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 disapproving and judgmental about my own flaws and inadequacies.
- ___ 12. I'm intolerant and impatient towards those aspects of my personality I don't like.

Self-Compassion Score

- (a) Total of 2, 3, 5, 6, 7, 10 = _____
(b) Total of 1, 4, 8, 9, 11, 12 = _____
(c) Total of (a) ____ + 30 – (b) ____ = _____

6-30: You are low in self-compassion and could learn to be nicer to yourself and more forgiving of your own mistakes.

31-41: You have a moderate level of self-compassion but could benefit from some self-reflection on how to be kind toward yourself.

42-55: You show a high rate of self-compassion, suggesting that you treat yourself as well as you treat your friends.

*For a more
in-depth
assessment,
scan here!*



Self-Compassion is defined as:

Self-kindness vs. Self-judgment

Self-compassion entails being warm and understanding toward ourselves when we suffer, fail, or feel inadequate, rather than ignoring our pain or flagellating ourselves with self-criticism. Self-compassionate people recognize that being imperfect, failing, and experiencing life difficulties is inevitable, so they tend to be gentle with themselves when confronted with painful experiences rather than getting angry when life falls short of set ideals.

Common humanity vs. Isolation

Frustration at not having things exactly as we want is often accompanied by an irrational but pervasive sense of isolation – as if “I” were the only person suffering or making mistakes. Self-compassion involves recognizing that suffering and personal inadequacy is part of the shared human experience – something that we all go through rather than being something that happens to “me” alone.

Mindfulness vs. Over-identification

Self-compassion also requires taking a balanced approach to our negative emotions so that feelings are neither suppressed nor exaggerated. This equilibrated stance stems from the willingness to observe our negative thoughts and emotions with openness and clarity, so that they are held in mindful awareness. We cannot ignore our pain and feel compassion for it at the same time. At the same time, mindfulness requires that we not be “over-identified” with thoughts and feelings, so that we are caught up and swept away by negative reactivity.