

How self-compassionate am I?

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		

- ___ I try to be understanding and patient towards those aspects of my personality I don't like.
- ___ When something painful happens (sorrow, disappointment, loneliness...) I try to take a balanced view of the situation.
- ___ I try to see my failings as part of the human condition.
- ___ When I'm going through a very hard time, I give myself the caring and tenderness I need.
- ___ When something upsets me, I try to keep my emotions in balance.
- ___ When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.

Then, answer the remaining questions and please note that **the scale now is the opposite.**

Almost always			Almost never			
1	2	3	4	5		

- ___ When I fail at something important to me, I become consumed by feelings of inadequacy.
- ___ When I'm feeling down, I tend to feel like most other people are probably happier than I am.
- ___ When I fail at something that's important to me, I tend to feel alone in my failure.
- ___ When I'm feeling down, I tend to obsess and fixate on everything that's wrong.
- ___ I'm disapproving and judgmental about my own flaws and inadequacies.
- ___ I'm intolerant and impatient towards those aspects of my personality I don't like.

Total (all scores together) _____

Average score (total / 12) _____

Average overall self-compassion scores tend to be around 3.0 on the 1-5 scale, so you can interpret your overall score accordingly. As a rough guide, a score of 1-2.5 for your overall self-compassion score indicates you are low in self-compassion, 2.5-3.5 indicates you are moderate, and 3.5-5.0 means you are high.