

Are You Kind to Yourself? (The Self-Compassion Scale – Short Form, SCS-SF)

Instructions

Are you kind to yourself, and accepting of your personality? Self-compassion relates to your ability to ‘hold one’s suffering with a sense of warmth, connection and concern (Neff, 2003). This ability consists of self-kindness, self-judgement, the view that others suffer too (common humanity), feelings of isolation from others when one fails, as well as mindfulness towards one’s difficult situation and the extent to which one over-identifies with failure. This 12-item measure assesses your self-compassion ability. Simply answer each statement from ‘almost never’ to ‘almost always’ to indicate the extent to which you engage in these behaviours during difficult times of challenge and setbacks.

	Almost Never	Seldom	Sometimes	Often	Almost Always
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.					

Scoring

Almost Never = 1, Seldom = 2, Sometimes = 3, Often = 4, Almost Always = 5

Total self-compassion score = Average items 1-12.

Total self-kindness score = Average items 2, 6

Total self-judgment score = Average items 11, 12

Total common humanity score = Average items 5, 10

Total isolation score = Average items 4, 8

Total mindfulness score = Average items 3, 7

Total over-identification score = Average items 1, 9

Reverse Scoring

Items 1, 4, 8, 9, 11 and 12 are reverse-scored

Interpretation

The average score for self-compassion is 36.00. Higher scores indicate higher levels of self-compassion. The average for self-kindness is 5.86, and the average for self-judgment is 5.98. The average scores for common humanity, isolation, mindfulness and over-identification are 5.79, 6.14, 6.69, and 6.39 respectively. These values are derived from a sample of more than 400 students in the United States.

Reference

Raes, F., Pommier, E., Neff, K. D., & Van Gucht, D. (2011). Construction and factorial validation of a short form of the self-compassion scale. *Clinical Psychology & Psychotherapy, 18*(3), 250-255.