

Self-Compassion Assessment

Date: _____

Please respond to each item by marking <u>one box per row</u>		Never	Rarely	Sometimes	Often	Always
1	When I fail at something important to me I become consumed by feelings of inadequacy.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
2	I try to be understanding and patient towards those aspects of my personality I don't like.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
3	When something painful happens I try to take a balanced view of the situation.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
4	When I'm feeling down, I tend to feel like most other people are probably happier than I am.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
5	I try to see my failings as part of the human condition.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
6	When I'm going through a very hard time, I give myself the caring and tenderness I need.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
7	When something upsets me I try to keep my emotions in balance.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
8	When I fail at something that's important to me, I tend to feel alone in my failure.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
9	When I'm feeling down I tend to obsess and fixate on everything that's wrong.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
10	When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
11	I'm disapproving and judgmental about my own perceived flaws and inadequacies.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
12	I'm intolerant and impatient towards those aspects of my personality I don't like.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1

Scoring:

Add up the numbers under the boxes you checked and divide the total by 12, enter the result below:

Self-Compassion Score: