

SELF COMPASSION

THE SELF-REPORT 26-ITEM SCS EXPLICITLY REPRESENTS THE THOUGHTS, EMOTIONS, AND BEHAVIORS ASSOCIATED WITH THE THREE COMPONENTS OF SELF-COMPASSION AND INCLUDES ITEMS THAT MEASURE HOW OFTEN PEOPLE RESPOND TO FEELINGS OF INADEQUACY OR SUFFERING WITH EACH OF SIX COMPONENTS:

SELF KINDNESS VS. SELF JUDGEMENT
COMMON HUMANITY VS. ISOLATION
MINDFULNESS VS. OVER IDENTIFICATION

THE SELF-COMPASSION SCALE HAS BEEN USED IN A MULTITUDE OF STUDIES TO EXAMINE THE EFFECTS AND IMPACT THAT SELF-COMPASSION CAN HAVE ON A NUMBER OF AREAS.

- IMPROVES SELF-REPORTED EMOTIONAL WELLBEING IN ADOLESCENTS AND ADULTS (BLUTH & BLANTON, 2012).
- REDUCES SELF-JUDGMENT, FEELINGS OF ISOLATION, AND OVER-IDENTIFICATION (NEFF, 2016).
- MEDIATES THE IMPACT OF BODY DISSATISFACTION AND UNFAVORABLE SOCIAL COMPARISONS ON PSYCHOLOGICAL QUALITY OF LIFE (DUARTE, FERREIRA, TRINDADE, & PINTO-GOUVEIA, 2015).
- CAN ASSIST IN THE REDUCTION OF COMPASSION FATIGUE AND BURNOUT IN PRACTITIONERS AND CAREGIVERS (BEAUMONT, DURKIN, MARTINS, & CARSON, 2015).
- SIGNIFICANTLY REDUCES SHAME-PRONENESS, IRRATIONAL BELIEFS, AND SYMPTOMS OF SOCIAL ANXIETY (CANDEA & TATAR, 2018).
- IS NEGATIVELY ASSOCIATED WITH PROCRASTINATION AND MALADAPTIVE PERFECTIONISM (BARNARD & CURRY, 2011).
- RESULTS IN MORE MOTIVATION TO CHANGE FOR THE BETTER, TRY HARDER TO LEARN, AND AVOID REPEATING PAST MISTAKES PARTICULARLY WITH HEALTH-RELATED BEHAVIORS SUCH AS STICKING TO A DIET, QUITTING SMOKING, OR STARTING A FITNESS REGIMEN (GERMER & NEFF, 2013)



SELF COMPASSION SCALE

PLEASE READ EACH STATEMENT CAREFULLY BEFORE ANSWERING. TO THE RIGHT OF EACH ITEM, INDICATE HOW OFTEN YOU BEHAVE IN THE STATED MANNER, USING THE FOLLOWING SCALE:

1 2 3 4 5
ALMOST NEVER ALMOST ALWAYS

01 I'M DISAPPROVING AND JUDGMENTAL ABOUT MY OWN FLAWS AND INADEQUACIES.

02 WHEN I'M FEELING DOWN I TEND TO OBSESS AND FIXATE ON EVERYTHING THAT'S WRONG.

03 WHEN THINGS ARE GOING BADLY FOR ME, I SEE THE DIFFICULTIES AS PART OF LIFE THAT EVERYONE GOES THROUGH

04 WHEN I THINK ABOUT MY INADEQUACIES, IT TENDS TO MAKE ME FEEL MORE SEPARATE AND CUT OFF FROM THE REST OF THE WORLD

05 I TRY TO BE LOVING TOWARDS MYSELF WHEN I'M FEELING EMOTIONAL PAIN.

06 WHEN I FAIL AT SOMETHING IMPORTANT TO ME I BECOME CONSUMED BY FEELINGS OF INADEQUACY.

07 WHEN I'M DOWN AND OUT, I REMIND MYSELF THAT THERE ARE LOTS OF OTHER PEOPLE IN THE WORLD FEELING LIKE I AM

08 WHEN TIMES ARE REALLY DIFFICULT, I TEND TO BE TOUGH ON MYSELF.



SELF COMPASSION SCALE

PLEASE READ EACH STATEMENT CAREFULLY BEFORE ANSWERING. TO THE RIGHT OF EACH ITEM, INDICATE HOW OFTEN YOU BEHAVE IN THE STATED MANNER, USING THE FOLLOWING SCALE:

1 2 3 4 5
ALMOST NEVER ALMOST ALWAYS

17 WHEN I FAIL AT SOMETHING IMPORTANT TO ME I TRY TO KEEP THINGS IN PERSPECTIVE.

18 WHEN I'M REALLY STRUGGLING, I TEND TO FEEL LIKE OTHER PEOPLE MUST BEHAVING AN EASIER TIME OF IT.

19 I'M KIND TO MYSELF WHEN I'M EXPERIENCING SUFFERING.

20 WHEN SOMETHING UPSETS ME I GET CARRIED AWAY WITH MY FEELINGS.

21 I CAN BE A BIT COLD-HEARTED TOWARDS MYSELF WHEN I'M EXPERIENCING SUFFERING.

22 WHEN I'M FEELING DOWN I TRY TO APPROACH MY FEELINGS WITH CURIOSITY AND OPENNESS.

23 I'M TOLERANT OF MY OWN FLAWS AND INADEQUACIES.

24 WHEN SOMETHING PAINFUL HAPPENS I TEND TO BLOW THE INCIDENT OUT OF PROPORTION.



SELF COMPASSION SCALE

1 2 3 4 5
ALMOST NEVER ALMOST ALWAYS

25

WHEN I FAIL AT SOMETHING THAT'S
IMPORTANT TO ME, I TEND TO FEEL ALONE IN
MY FAILURE.

26

I TRY TO BE UNDERSTANDING AND PATIENT
TOWARDS THOSE ASPECTS OF MY PERSONALITY
I DON'T LIKE.



CODING KEY:

SELF-KINDNESS ITEMS: 5, 12, 19, 23, 26

SELF-JUDGMENT ITEMS: 1, 8, 11, 16, 21

COMMON HUMANITY ITEMS: 3, 7, 10, 15

ISOLATION ITEMS: 4, 13, 18, 25

MINDFULNESS ITEMS: 9, 14, 17, 22

OVER-IDENTIFIED ITEMS: 2, 6, 20, 24

SUBSCALE SCORES ARE COMPUTED BY CALCULATING THE MEAN OF SUBSCALE ITEM RESPONSES. TO COMPUTE A TOTAL SELF-COMPASSION SCORE, REVERSE SCORE THE NEGATIVE SUBSCALE ITEMS - SELF-JUDGMENT, ISOLATION, AND OVER-IDENTIFICATION - THEN COMPUTE A TOTAL MEAN.

THANK YOU

(THIS METHOD OF CALCULATING THE TOTAL SCORE IS SLIGHTLY DIFFERENT THAN THAT USED IN THE ARTICLE REFERENCED BELOW, IN WHICH EACH SUB-SCALE WAS ADDED TOGETHER. HOWEVER, I FIND IT IS EASIER TO INTERPRET THE SCORES IF THE TOTAL MEAN IS USED.)

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT
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TOOL REFERENCE:

NEFF, K. D. (2003). DEVELOPMENT AND VALIDATION OF A SCALE TO MEASURE SELF-COMPASSION. SELF AND IDENTITY, 2, 223-250