

SELF-COMPASSION SCALE–Short Form (SCS–SF)

**HOW I TYPICALLY ACT TOWARDS MYSELF IN DIFFICULT TIMES**

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**

**1**

**2**

**3**

**4**

**Almost  
always**

**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.