

Self-Compassion Survey

How I typically act toward 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	Rarely	Sometimes	Often	Almost Always
1	2	3	4	5

- ___ 1. I'm disapproving and judgmental about my own flaws and inadequacies.
- ___ 2. When I'm feeling down, I tend to obsess and fixate on everything that's wrong.
- ___ 3. When things are going badly for me, I see the difficulties as part of life that everyone goes through.
- ___ 4. When I think about my inadequacies, it tends to make me feel more separate and cut off from the rest of the world.
- ___ 5. I try to be loving towards myself when I'm feeling emotional pain.
- ___ 6. When I fail at something important to me, I become consumed by feelings of inadequacy.
- ___ 7. When I'm down and out, I remind myself that there are lots of other people in the world feeling like I am.
- ___ 8. When times are really difficult, I tend to be tough on myself.
- ___ 9. When something upsets me, I try to keep my emotions in balance.
- ___ 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 intolerant and impatient toward those aspects of my personality I don't like.
- ___ 12. When I'm going through a very hard time, I give myself the caring and tenderness I need.
- ___ 13. When I'm feeling down, I tend to feel like most other people are probably happier than I am.
- ___ 14. When something painful happens, I try to take a balanced view of the situation.
- ___ 15. I try to see my failings as part of the human condition.

- ___ 16. When I see aspects of myself that I don't like, I get down on myself.
- ___ 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 be having 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 toward 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.
- ___ 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 toward those aspects of my personality I don't like.

Self-Compassion Scale (Neff,2014).