

Compassion Scale (CS)

HOW I TYPICALLY ACT TOWARDS OTHERS IN DIFFICULT TIMES

Please read each statement carefully before answering. Indicate how often you behave in the stated manner, using the following scale:

I pay careful attention when other people talk to me about their troubles.

- ☐ Almost Never
- ☐ Not very often
- ☐ Sometimes
- ☐ Very often
- ☐ Almost Always

HOW I TYPICALLY ACT TOWARDS OTHERS IN DIFFICULT TIMES

Please read each statement carefully before answering. Indicate how often you behave in the stated manner, using the following scale:

If I see someone going through a difficult time, I try to be caring toward that person.

- ☐ Almost Never
- ☐ Not very often
- ☐ Sometimes
- ☐ Very often
- ☐ Almost Always

HOW I TYPICALLY ACT TOWARDS OTHERS IN DIFFICULT TIMES

Please read each statement carefully before answering. Indicate how often you behave in the stated manner, using the following scale:

I am unconcerned with other people's problems.

- ☐ Almost Never
- ☐ Not very often
- ☐ Sometimes
- ☐ Very often
- ☐ Almost Always

HOW I TYPICALLY ACT TOWARDS OTHERS IN DIFFICULT TIMES

Please read each statement carefully before answering. Indicate how often you behave in the stated manner, using the following scale:

I realize everyone feels down sometimes, it is part of being human.

- ☐ Almost Never
- ☐ Not very often
- ☐ Sometimes
- ☐ Very often
- ☐ Almost Always

HOW I TYPICALLY ACT TOWARDS OTHERS IN DIFFICULT TIMES

Please read each statement carefully before answering. Indicate how often you behave in the stated manner, using the following scale:

I notice when people are upset, even if they don't say anything.

- ☐ Almost Never
- ☐ Not very often
- ☐ Sometimes
- ☐ Very often
- ☐ Almost Always

HOW I TYPICALLY ACT TOWARDS OTHERS IN DIFFICULT TIMES

Please read each statement carefully before answering. Indicate how often you behave in the stated manner, using the following scale:

I like to be there for others in times of difficulty.

- ☐ Almost Never
- ☐ Not very often
- ☐ Sometimes
- ☐ Very often
- ☐ Almost Always

HOW I TYPICALLY ACT TOWARDS OTHERS IN DIFFICULT TIMES

Please read each statement carefully before answering. Indicate how often you behave in the stated manner, using the following scale:

I think little about the concerns of others.

- ☐ Almost Never
- ☐ Not very often
- ☐ Sometimes
- ☐ Very often
- ☐ Almost Always

HOW I TYPICALLY ACT TOWARDS OTHERS IN DIFFICULT TIMES

Please read each statement carefully before answering. Indicate how often you behave in the stated manner, using the following scale:

I feel it's important to recognize that all people have weaknesses and no one's perfect.

- ☐ Almost Never
- ☐ Not very often
- ☐ Sometimes
- ☐ Very often
- ☐ Almost Always

HOW I TYPICALLY ACT TOWARDS OTHERS IN DIFFICULT TIMES

Please read each statement carefully before answering. Indicate how often you behave in the stated manner, using the following scale:

I listen patiently when people tell me their problems.

- ☐ Almost Never
- ☐ Not very often
- ☐ Sometimes
- ☐ Very often
- ☐ Almost Always

HOW I TYPICALLY ACT TOWARDS OTHERS IN DIFFICULT TIMES

Please read each statement carefully before answering. Indicate how often you behave in the stated manner, using the following scale:

My heart goes out to people who are unhappy.

- ☐ Almost Never
- ☐ Not very often
- ☐ Sometimes
- ☐ Very often
- ☐ Almost Always

HOW I TYPICALLY ACT TOWARDS OTHERS IN DIFFICULT TIMES

Please read each statement carefully before answering. Indicate how often you behave in the stated manner, using the following scale:

I try to avoid people who are experiencing a lot of pain.

- ☐ Almost Never
- ☐ Not very often
- ☐ Sometimes
- ☐ Very often
- ☐ Almost Always

HOW I TYPICALLY ACT TOWARDS OTHERS IN DIFFICULT TIMES

Please read each statement carefully before answering. Indicate how often you behave in the stated manner, using the following scale:

I feel that suffering is just a part of the common human experience.

- ☐ Almost Never
- ☐ Not very often
- ☐ Sometimes
- ☐ Very often
- ☐ Almost Always

HOW I TYPICALLY ACT TOWARDS OTHERS IN DIFFICULT TIMES

Please read each statement carefully before answering. Indicate how often you behave in the stated manner, using the following scale:

When people tell me about their problems, I try to keep a balanced perspective on the situation.

- ☐ Almost Never
- ☐ Not very often
- ☐ Sometimes
- ☐ Very often
- ☐ Almost Always

HOW I TYPICALLY ACT TOWARDS OTHERS IN DIFFICULT TIMES

Please read each statement carefully before answering. Indicate how often you behave in the stated manner, using the following scale:

When others feel sadness, I try to comfort them.

- ☐ Almost Never
- ☐ Not very often
- ☐ Sometimes
- ☐ Very often
- ☐ Almost Always

HOW I TYPICALLY ACT TOWARDS OTHERS IN DIFFICULT TIMES

Please read each statement carefully before answering. Indicate how often you behave in the stated manner, using the following scale:

I can't really connect with other people when they're suffering.

- ☐ Almost Never
- ☐ Not very often
- ☐ Sometimes
- ☐ Very often
- ☐ Almost Always

HOW I TYPICALLY ACT TOWARDS OTHERS IN DIFFICULT TIMES

Please read each statement carefully before answering. Indicate how often you behave in the stated manner, using the following scale:

Despite my differences with others, I know that everyone feels pain just like me.

- ☐ Almost Never
- ☐ Not very often
- ☐ Sometimes
- ☐ Very often
- ☐ Almost Always