

Self Compassion Scale - Youth (SCS-Y)

HOW I TYPICALLY ACT TOWARDS MYSELF 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 be kind and supportive to myself when I'm having a hard time.

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

HOW I TYPICALLY ACT TOWARDS MYSELF IN DIFFICULT TIMES

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

When I feel sad or down, it seems like I'm the only one who feels that way.

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

HOW I TYPICALLY ACT TOWARDS MYSELF IN DIFFICULT TIMES

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

When I notice things about myself that I don't like, I get really frustrated.

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

HOW I TYPICALLY ACT TOWARDS MYSELF IN DIFFICULT TIMES

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

When I feel I'm not "good enough" in some way, I try to remind myself that other people sometimes feel this way too.

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

HOW I TYPICALLY ACT TOWARDS MYSELF IN DIFFICULT TIMES

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

When I feel frustrated or disappointed, I think about it over and over again.

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

HOW I TYPICALLY ACT TOWARDS MYSELF IN DIFFICULT TIMES

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

When something upsetting happens I try to see things as they are without blowing it out of proportion.

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

HOW I TYPICALLY ACT TOWARDS MYSELF IN DIFFICULT TIMES

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

I get mad at myself for not being better at some things.

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

HOW I TYPICALLY ACT TOWARDS MYSELF IN DIFFICULT TIMES

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

When I'm sad or unhappy, I remember that other people also feel this way at times.

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

HOW I TYPICALLY ACT TOWARDS MYSELF IN DIFFICULT TIMES

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

I'm kind to myself when things go wrong and I'm feeling bad.

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

HOW I TYPICALLY ACT TOWARDS MYSELF IN DIFFICULT TIMES

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

When I feel bad or upset, I tend to feel most other people are probably happier than I am.

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

HOW I TYPICALLY ACT TOWARDS MYSELF IN DIFFICULT TIMES

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

When something difficult happens, I try to see things clearly without exaggerations.

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

HOW I TYPICALLY ACT TOWARDS MYSELF IN DIFFICULT TIMES

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

I'm really hard on myself when I do something wrong.

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

HOW I TYPICALLY ACT TOWARDS MYSELF IN DIFFICULT TIMES

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

When things aren't going well, I keep in mind that life is sometimes hard for everyone.

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

HOW I TYPICALLY ACT TOWARDS MYSELF IN DIFFICULT TIMES

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

When I'm feeling bad or upset, I can't think of anything else at the time.

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

HOW I TYPICALLY ACT TOWARDS MYSELF 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 be understanding and patient with myself even when I mess up.

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

HOW I TYPICALLY ACT TOWARDS MYSELF IN DIFFICULT TIMES

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

When I'm really struggling, I tend to feel like other people are probably having an easier time of it.

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

HOW I TYPICALLY ACT TOWARDS MYSELF IN DIFFICULT TIMES

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

When something upsets me, I try to notice my feelings and not get carried away by them.

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