

Self Compassion Scale Short Form (SCSSF)

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 fail at something important to me I become consumed by feelings of inadequacy.

- ☐ 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 towards those aspects of my personality I don't like.

- ☐ 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 painful happens I try to take a balanced view of the situation.

- ☐ 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 down, I tend to feel like 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:

I try to see my failings as part of the human condition.

- ☐ 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 going through a very hard time, I give myself the caring and tenderness I need.

- ☐ 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 keep my emotions in balance.

- ☐ 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 fail at something that's important to me, I tend to feel alone in my failure.

- ☐ 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 down I tend to obsess and fixate on everything that's 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 I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.

- ☐ 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 disapproving and judgmental about my own flaws and inadequacies.

- ☐ 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 intolerant and impatient towards those aspects of my personality I don't like.

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