## Self-Compassion Test

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:

<table>
<thead>
<tr>
<th>Almost Never</th>
<th>Occasionally</th>
<th>About Half Of The Time</th>
<th>Fairly Often</th>
<th>Almost Always</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

___ I'm disapproving and judgmental about my own flaws and inadequacies.
___ When I'm feeling down I tend to obsess and fixate on everything that's wrong
___ When things are going badly for me, I see the difficulties as part of life that everyone goes through
___ When I think about my inadequacies, it tends to make me feel more separate and cut off from the rest of the world.
___ I try to be loving towards myself when I'm feeling emotional pain.
___ When I fail at something important to me I become consumed by feelings of inadequacy.
___ When I'm down and out, I remind myself that there are lots of other people in the world feeling like I am.
___ When times are really difficult, I tend to be tough on myself.
___ When something upsets me I try to keep my emotions in balance.
___ When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.
___ I'm intolerant and impatient towards those aspects of my personality I don't like.
___ When I'm going through a very hard time, I give myself the caring and tenderness I need.
___ When I'm feeling down, I tend to feel like most other people are probably happier than I am.
___ When something painful happens I try to take a balanced view of the situation.
___ I try to see my failings as part of the human condition.
___ When I see aspects of myself that I don't like, I get down on myself.
___ When I fail at something important to me I try to keep things in perspective.
___ When I'm really struggling, I tend to feel like other people must be having an easier time of it.
___ I'm kind to myself when I'm experiencing suffering.
___ When something upsets me I get carried away with my feelings.
___ I can be a bit cold-hearted towards myself when I'm experiencing suffering.
When I'm feeling down I try to approach my feelings with curiosity and openness.

I'm tolerant of my own flaws and inadequacies.

When something painful happens I tend to blow the incident out of proportion.

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

I try to be understanding and patient towards those aspects of my personality I don't like.

**Score Interpretation**

Average overall self-compassion scores tend to be around 3.0 on the 1-5 scale, so you can interpret your overall score accordingly. As a rough guide, a score of 1-2.5 for your overall self-compassion score indicates you are low in self-compassion, 2.5-3.5 indicates you are moderate, and 3.5-5.0 means you are high. Remember that higher scores for the Self-Judgment, Isolation, and Over-Identification subscales indicate less self-compassion, while lower scores on these dimensions are indicative of more self-compassion (these subscales are automatically reverse-coded when your overall self-compassion score is calculated.)