



## Compassion Motivation and Action Scales - Self-Compassion (CMAS-self)

### Instructions:

Disappointments, distress and suffering are part of the human experience. The following items relate to how you feel and respond to yourself during times of suffering. Please rate how strongly you agree or disagree with the following statements. Do not spend too much time thinking about each statement. There are no right or wrong answers.

		Strongly Disagree	Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree	Strongly Agree
1	I wish to be kind and caring towards myself when faced with difficulties	1	2	3	4	5	6	7
2	I want to be supportive towards myself when I face disappointments in my life	1	2	3	4	5	6	7
3	Being compassionate towards myself will improve my overall wellbeing	1	2	3	4	5	6	7
4	Being accepting of myself will help improve my quality of life	1	2	3	4	5	6	7
5	There are lots of reasons to be more self-compassionate	1	2	3	4	5	6	7
6	I am confident that I can be kind and caring towards myself when struggling with problems	1	2	3	4	5	6	7
7	I am able to be loving towards myself when I feel emotional pain	1	2	3	4	5	6	7
8	I can show tolerance towards myself in times of hardship	1	2	3	4	5	6	7
9	I have the ability to be supportive of myself when I feel like I have failed	1	2	3	4	5	6	7
10	I am able to be kind to myself, even when it feels uncomfortable to do so	1	2	3	4	5	6	7
11	I am able to cope with facing my own struggles in order to be kind to myself	1	2	3	4	5	6	7
12	I can cope with the difficult feelings that come with attending to my own needs	1	2	3	4	5	6	7
13	Compared to usual, I have acted more self-compassionately over the past week	1	2	3	4	5	6	7
14	Over the past week I have been more kind and caring towards myself than usual	1	2	3	4	5	6	7
15	I have been taking steps over the past week to show myself more self-compassion	1	2	3	4	5	6	7



		Strongly Disagree	Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree	Strongly Agree
16	I have been treating myself in a more gentle and caring way over the past week	1	2	3	4	5	6	7
17	The past week has seen me be more forgiving even when I have made mistakes	1	2	3	4	5	6	7
18	Compared to usual, this week I have been more accepting of myself	1	2	3	4	5	6	7

**Developer Reference:**

Steindl, S. R., Tellegen, C. L., Filus, A., Seppälä, E., Doty, J. R., & Kirby, J. N. (2021). The Compassion Motivation and Action Scales: a self-report measure of compassionate and self-compassionate behaviours. *Australian Psychologist*, 56(2), 93–110. <https://doi.org/10.1080/00050067.2021.1893110>