



Self-Compassion Scale - Short Form (SCS-SF)

Instructions:

Please read each statement carefully before answering. Indicate how often you behave in the stated manner.

		Almost Never	2	3	4	Almost Always
1	When I fail at something important to me I become consumed by feelings of inadequacy.	5	4	3	2	1
2	I try to be understanding and patient towards those aspects of my personality I don't like.	1	2	3	4	5
3	When something painful happens I try to take a balanced view of the situation.	1	2	3	4	5
4	When I'm feeling down, I tend to feel like most other people are probably happier than I am.	5	4	3	2	1
5	I try to see my failings as part of the human condition.	1	2	3	4	5
6	When I'm going through a very hard time, I give myself the caring and tenderness I need.	1	2	3	4	5
7	When something upsets me I try to keep my emotions in balance.	1	2	3	4	5
8	When I fail at something that's important to me, I tend to feel alone in my failure.	5	4	3	2	1
9	When I'm feeling down I tend to obsess and fixate on everything that's wrong.	5	4	3	2	1
10	When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.	1	2	3	4	5
11	I'm disapproving and judgmental about my own flaws and inadequacies.	5	4	3	2	1
12	I'm intolerant and impatient towards those aspects of my personality I don't like.	5	4	3	2	1

Developer Reference:

Raes, F., Pommier, E., Neff, K. D., & Van Gucht, D. (2011). Construction and factorial validation of a short form of the Self-Compassion Scale. *Clinical Psychology & Psychotherapy*, 18, 250-255.

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