



Compassion Motivation and Action Scales - Compassion (CMAS-other)

Instructions:

Disappointments, distress and suffering are part of the human experience. The following items relate to how you feel and respond to others 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 want to be kinder and more caring towards people I don't know	1	2	3	4	5	6	7
2	I plan to take action and be more helpful to others	1	2	3	4	5	6	7
3	I am going to show more care and concern when I see people hurting	1	2	3	4	5	6	7
4	I am able to cope with my feelings in response to another person's suffering	1	2	3	4	5	6	7
5	I feel confident that I can cope with the distress that another person might be experiencing	1	2	3	4	5	6	7
6	I am able to be with someone who is struggling in their life	1	2	3	4	5	6	7
7	Compared to usual, I have acted more compassionately towards others over the past week	1	2	3	4	5	6	7
8	Over the past week I have been more helpful than usual	1	2	3	4	5	6	7
9	The past week has seen me take more action in relieving another's suffering	1	2	3	4	5	6	7
10	I have been actively more kind this past week to others in my life who are struggling	1	2	3	4	5	6	7
11	I have offered support to people in need more than usual over the past week	1	2	3	4	5	6	7
12	Compared to usual, this past week I have been more compassionate to people who are struggling	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>



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