

Self-Compassion Scale by Kristin Neff (Short-form)

Please respond to each item by marking one box

	Never	Rarely	Sometimes	Often	Always
1. When I fail at something important to me I become consumed by feelings of inadequacy. (R)	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. (R)	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 (R)	5	4	3	2	1
9. When I'm feeling down I tend to obsess and fixate on everything that's wrong. (R)	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. (R)	5	4	3	2	1
12. I'm intolerant and impatient towards those aspects of my personality I don't like. (R)	5	4	3	2	1

Scoring:

Coding and Scoring Key:	My Scores
Self-Kindness Items: 2, 6	
Self-Judgment Items: 11, 12	
Common Humanity Items: 5, 10	
Isolation Items: 4, 8	
Mindfulness Items: 3, 7	
Over-identified Items: 1, 9	
Total	

Raes, F., Pommier, E., Neff, K.D., and Gucht, D.V. (2010). Construction and factorial validation of a short form of the self-compassion scale. *Clinical Psychology and Psychotherapy*, 18, 250-255.