

Please feel free to use the Self-Compassion Scale – Short Form in your research (12 items instead of 26 items). The short scale has a near perfect correlation with the long scale when examining total scores. We do not recommend using the short form if you are interested in subscale scores, since they're less reliable with the short form. You can e-mail me with any questions you may have. The appropriate reference is listed below.

Best wishes,

Kristin Neff, Ph. D.

e-mail: kristin.neff@mail.utexas.edu

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.

Coding Key:

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

Subscale scores are computed by calculating the mean of subscale item responses. To compute a total self-compassion score, reverse score the negative subscale items - self-judgment, isolation, and over-identification (i.e., 1 = 5, 2 = 4, 3 = 3, 4 = 2, 5 = 1) - then compute a total mean.

HOW I TYPICALLY ACT TOWARDS MYSELF IN DIFFICULT TIMES

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:

**Almost
never**

1

2

3

4

**Almost
always**

5

____1. When I fail at something important to me I become consumed by feelings of inadequacy.

____2. I try to be understanding and patient towards those aspects of my personality I don't like.

____3. When something painful happens I try to take a balanced view of the situation.

____4. When I'm feeling down, I tend to feel like most other people are probably happier than I am.

____5. I try to see my failings as part of the human condition.

____6. When I'm going through a very hard time, I give myself the caring and tenderness I need.

____7. When something upsets me I try to keep my emotions in balance.

____8. When I fail at something that's important to me, I tend to feel alone in my failure

____9. When I'm feeling down I tend to obsess and fixate on everything that's wrong.

____10. When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.

____11. I'm disapproving and judgmental about my own flaws and inadequacies.

____12. I'm intolerant and impatient towards those aspects of my personality I don't like.