

Self-Compassion Scale Short Form (SCS-SF)

HOW I TYPICALLY ACT TOWARDS MYSELF IN DIFFICULT TIMES

Please read each statement carefully before answering. Indicate how often you behave in the stated manner, using the following scale:

Almost never

Almost always

1

2

3

4

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 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.

SCORING KEY

Self-Kindness Items: 2, 6

Self-Judgment Items (Reverse Scored): 11, 12

Common Humanity Items: 5, 10

Isolation Items (Reverse Scored): 4, 8

Mindfulness Items: 3, 7

Over-identification Items (Reverse Scored): 1, 9

To reverse score items (1=5, 2=4, 3=3, 4=2, 5=1).

To compute a total self-compassion score, first reverse score the negative subscale items - self-judgment, isolation, and over-identification. Then take the mean of each subscale, and compute a total mean (the average of the six subscale means).

Note that these scoring procedures are slightly different than that used in the original scale article (Raes et al., 2011), in which items were totalled rather than averaged. However, it is easier to interpret the scores of the total mean is used and most researchers currently report total SCS-SF scores on a five-point scale.

NORMS AND SCORE SIGNIFICANCE

There are no clinical norms or scores which indicate that an individual is high or low in self-compassion. Rather, scores are mainly used in a comparative manner to examine outcomes for people scoring higher or lower in self-compassion. As an ad hoc rubric, however, you can consider scores 1.0- 2.49 to be low, between 2.5-3.5 to be moderate, and 3.51-5.0 to be high. When trying to determine whether self-compassion levels are high or low relevant to a particular sample, some researchers use a median split.