

HOW I TYPICALLY ACT TOWARDS MYSELF IN DIFFICULT TIMES

SCALE

01

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

1 2 3 4 5

02

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

1 2 3 4 5

03

When things are going badly for me, I see the difficulties as part of life that everyone goes through.

1 2 3 4 5

04

When I think about my inadequacies, it tends to make me feel more separate and cut off from the rest of the world.

1 2 3 4 5

05

I try to be loving towards myself when I'm feeling emotional pain.

1 2 3 4 5

06

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

1 2 3 4 5

07

When I'm down and out, I remind myself that there are lots of other people in the world feeling like I am.

1 2 3 4 5

08

When times are really difficult, I tend to be tough on myself.

1 2 3 4 5

09

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

1 2 3 4 5

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

1 2 3 4 5

12

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

1 2 3 4 5

13

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

1 2 3 4 5

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MYSELF IN DIFFICULT TIMES**

SCALE

- | | | | | | | |
|-----------|---|----------|----------|----------|----------|----------|
| 14 | When something painful happens I try to take a balanced view of the situation. | 1 | 2 | 3 | 4 | 5 |
| 15 | I try to see my failings as part of the human condition. | 1 | 2 | 3 | 4 | 5 |
| 16 | When I see aspects of myself that I don't like, I get down on myself. | 1 | 2 | 3 | 4 | 5 |
| 17 | When I fail at something important to me I try to keep things in perspective. | 1 | 2 | 3 | 4 | 5 |
| 18 | When I'm really struggling, I tend to feel like other people must be having an | 1 | 2 | 3 | 4 | 5 |
| 19 | I'm kind to myself when I'm experiencing suffering. | 1 | 2 | 3 | 4 | 5 |
| 20 | When something upsets me I get carried away with my feelings. | 1 | 2 | 3 | 4 | 5 |
| 21 | I can be a bit cold-hearted towards myself when I'm experiencing suffering. | 1 | 2 | 3 | 4 | 5 |
| 22 | 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 |
| 23 | I'm intolerant and impatient towards those aspects of my personality I don't like. | 1 | 2 | 3 | 4 | 5 |
| 24 | When I'm going through a very hard time, I give myself the caring and tenderness I need. | 1 | 2 | 3 | 4 | 5 |
| 25 | When I fail at something that's important to me, I tend to feel alone in my failure. | 1 | 2 | 3 | 4 | 5 |
| 26 | I try to be understanding and patient towards those aspects of my personality I don't like. | 1 | 2 | 3 | 4 | 5 |

HOW TO SCORE

Write down the number of each item in the boxes below. When a row has an asterisk and is in yellow, reverse the score eg (i.e., 1 = 5, 2 = 4, 3 = 3, 4 = 2, 5 = 1)

Then add up the rows and calculate the average (1st two rows divide total by 5, 2nd two rows, divide total by 4).

SK	5	12	19	23	26
SJ*	1	8	11	16	21
CH	3	7	10	15	
I*	4	13	18	25	
M	9	14	17	22	
OI*	2	6	20	24	

Use your scores to help you see which end of these three scales you tend to be on:

SELF KINDNESS (SK) VERSUS SELF JUDGEMENT

This explores the extent to which an individual is kind to themselves rather than judging themselves harshly. Self-kindness and self judgment are not mutually exclusive. A person may tend not to judge him or herself, but that doesn't necessarily mean that he/she typically takes proactive steps to be kind to him or herself either

COMMON HUMANITY (CH) VERSUS ISOLATION

Self-compassion entails acknowledging that suffering, failure, and inadequacies are part of the human condition, and that all people — oneself included — are worthy of compassion. This is contrasted with isolation where the sufferer feels that they are the only one suffering in this way.

MINDFULNESS (M) VERSUS OVER-IDENTIFIED (OI)

Mindfulness is a non-judgmental, receptive mind state in which individuals observe their thoughts and feelings as they arise without trying to change them or push them away, but without running away with them either. In over-identification, one's sense of self becomes so immersed in one's emotional reactions that it becomes difficult to distance oneself from the situation and adopt a more objective perspective.