**Self-Compassion Test**

Please read each statement carefully before answering. Next to each item, indicate how often you believe in the statement made by selecting a number to correspond to it:

1=Almost never

2=Occasionally

3=About half of the time

4=Fairly often

5=Almost always

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Question** | **1** | **2** | **3** | **4** | **5** |
| When things are going badly, I see the situation as part of life but I’m not bad |  |  |  |  |  |
| I try to be loving towards myself when I’m feeling emotional pain |  |  |  |  |  |
| When I’m down and out, I remind myself that there are a lot of other people in the world that feel similar to me |  |  |  |  |  |
| When something upsets me I try to keep my emotions in balance |  |  |  |  |  |
| When I’m going through a hard time I try to give myself the caring that I need |  |  |  |  |  |
| When something painful happens I try to keep a balanced view of the situation |  |  |  |  |  |
| When I fail at something I try to focus on how I tried my best, not that I have to be perfect |  |  |  |  |  |
| I am kind to myself when experiencing suffering |  |  |  |  |  |
| When I’m feeling down I try to be open about my feelings |  |  |  |  |  |
| I try to be understanding and patient towards those aspects of my personality I don’t like |  |  |  |  |  |

Total Score: