

self-compassion scale: short form

how I typically act towards myself in difficult times ...

please read each statement carefully before answering; using the scale given below indicate, to the right of each item, how often you behave in the stated manner:

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	

self-kindness (2, 6) =

self-judgment (11, 12) - reverse scored =

common humanity (5, 10) =

isolation(4, 8) - reverse scored =

mindfulness (3, 7) =

over-identified (1, 9) - reverse scored =

(to reverse score questions 1, 4, 8, 9, 11 & 12, subtract each answer from 6)

total score =

In a study of 415 US students, mean scores (with standard deviations) were:

self-kindness = 5.86 (1.46)

self-judgment = 5.98 (1.71)

common humanity = 5.79 (1.60)

isolation = 6.14 (1.83)

mindfulness = 6.69 (1.55)

over-identification = 6.39 (1.83)

total score = 36.00 (7.33) – so about 70% score in range 29 to 43 & about 95% in range 21 to 51

Raes F, Pommier E, Neff K, Van Gucht D. "Construction and factorial validation of a short form of the self-compassion scale." Clinical Psychology & Psychotherapy (in press)

The objective of the present study was to construct and validate a short form version of the Self-Compassion Scale. Two Dutch samples were used to construct and cross-validate the factorial structure of a 12-item Self-Compassion Scale–Short Form (SCS-SF). The SCS-SF was then validated in a third, English sample. The SCS-SF demonstrated adequate internal consistency (Cronbach's alpha \geq .86 in all samples) and a near-perfect correlation with the long form SCS ($r \geq$.97 all samples). Confirmatory factor analysis on the SCS-SF supported the same six-factor structure as found in the long form, as well as a single higher-order factor of self-compassion. The SCS-SF, thus, represents a reliable and valid alternative to the long form SCS, especially when looking at overall self-compassion scores. ... and in their discussion, the authors write "As a whole, the present findings indicate that the shortened, 12-item SCS can be effectively and efficiently used as an economical alternative to the full SCS. The SCS-SF may be of particular use in time and cost intensive survey and therapy outcome research, often containing loaded test batteries. Also, clinical practitioners who wish to monitor treatment progress of their individual patients can use the short version to minimize time consuming assessment. However, we should also note that the internal consistencies for the SCS-SF subscales were relatively low ... we would recommend using the full scale if information about subscales is crucial. For total score information, however, the SCS-SF is an economical alternative to the long form as it has the same factor structure, good internal consistency, and a near-perfect correlation with the long SCS."