



# What Are We Talking About?

## Section 2

### Calculating Your Level of Self-Compassion

Please record the score you gave for each item in the scale, and then calculate your Grand Compassion Average as given below:

Self-Kindness (SK) Items:	
#5	_____
#12	_____
#19	_____
#23	_____
#26	_____
SK Subtotal of items: _____	
SK Average (divide subtotal by 5): _____	

Self-Judgment (SJ) Items:	
#1	_____
#8	_____
#11	_____
#16	_____
#21	_____
SJ Subtotal of items: _____	
SJ Average (divide subtotal by 5): _____	

Common Humanity (CH) Items:	
#3	_____
#7	_____
#10	_____
#15	_____
CH Subtotal of items: _____	
CH Average (divide subtotal by 4): _____	

Isolation (I) Items:	
#4	_____
#13	_____
#18	_____
#25	_____
I Subtotal of items: _____	
I Average (divide subtotal by 4): _____	

Mindfulness (M) Items:	
#9	_____
#14	_____
#17	_____
#22	_____
M Subtotal of items: _____	
M Average (divide subtotal by 4): _____	

Over-identification (OI) Items:	
#2	_____
#6	_____
#20	_____
#24	_____
OI Subtotal of items: _____	
OI Average (divide subtotal by 4): _____	

### Total Self-Compassion Score:

- Reverse-code (rc) the negatively worded subscales (SJ, I, and OI) by subtracting each average from 6.  
 $6 - \text{SJ average} = \underline{\quad}$        $6 - \text{I average} = \underline{\quad}$        $6 - \text{OI average} = \underline{\quad}$
- Add the six averages: SK  $\underline{\quad}$  + SJ (rc)  $\underline{\quad}$  + CH  $\underline{\quad}$  + I (rc)  $\underline{\quad}$  + M  $\underline{\quad}$  + OI (rc)  $\underline{\quad}$  =  $\underline{\quad}$
- Calculate Grand Self-Compassion Average (total average divided by 6) =  $\underline{\quad}$

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### What Your Score Means:

Average scores tend to be around 3.0 on the 1–5 scale, so you can interpret your total self-compassion score accordingly. As a rough guide, a score of 1–2.5 indicates you are low in self-compassion, 2.5–3.5 indicates you are moderate, and 3.5–5.0 means you are high. Remember that higher averages for the SJ, I, and OI subscales indicate less self-compassion before reverse-coding and more after reverse-coding.

### References

Neff, K. D. (2003). Development and validation of a scale to measure self-compassion. *Self and Identity, 2*, 223-250.

Neff, K. D. (2003). Self-compassion: An alternative conceptualization of a healthy attitude toward oneself. *Self and Identity, 2*, 85-102.

For more excellent resources on self-compassion go to [Dr. Kristin Neff's website](#).

