

What Are We Talking About?

Section 2

Activity: Self-Compassion Scale

Used in this toolkit with permission from Dr. Kristin Neff

Please read each statement carefully before answering. To the left of each item, indicate how often you behave in the stated manner. You can also [take this self-scale online](#) with automatic scoring.

Almost never

Almost always

- | 1 | 2 | 3 | 4 | 5 |
|-----|---|---|---|---|
| 1. | | | | |
| 2. | | | | |
| 3. | | | | |
| 4. | | | | |
| 5. | | | | |
| 6. | | | | |
| 7. | | | | |
| 8. | | | | |
| 9. | | | | |
| 10. | | | | |
| 11. | | | | |
| 12. | | | | |
| 13. | | | | |
| 14. | | | | |
| 15. | | | | |
| 16. | | | | |
| 17. | | | | |
| 18. | | | | |
| 19. | | | | |
| 20. | | | | |
| 21. | | | | |
| 22. | | | | |
| 23. | | | | |
| 24. | | | | |
| 25. | | | | |
| 26. | | | | |

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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: $\text{SK} \underline{\quad} + \text{SJ (rc)} \underline{\quad} + \text{CH} \underline{\quad} + \text{I (rc)} \underline{\quad} + \text{M} \underline{\quad} + \text{OI (rc)} \underline{\quad} = \underline{\quad}$
- 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](#).

