

How Compassionate Am I?

Almost Never

Almost Always

1

2

3

4

5

DIRECTIONS: Use the scoring range above to rank each item.

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

_____ I try to be understanding and patient with aspects of myself that I do not like.

_____ When something painful happens, I try to take a balanced view of the situation.

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

_____ I try to see my failings as part of the human condition.

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

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

_____ When I fail at something that's important to me, I tend to feel alone in my failure.

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

_____ When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.

_____ I am disapproving and judgmental about my own flaws and inadequacies.

_____ I am intolerant and impatient with aspects of myself I don't like

SCORING:

Add up total score and divide by 12.

1.0-2.5: You hold rather high levels of self-compassion.

2.5-3.5: You hold moderate levels of self-compassion.

3.5-5.0: You hold lower levels of self-compassion.