Self-Compassion Scale Short Form (SCS-SF)

Name: _____ **Date:** _____

Please read each statement carefully before answering. Indicate how often you behave in the stated matter during difficult times.

There are five possible answers to each item, these are listed below:

- **1** = Almost never
- **2** = Rarely
- **3** = Sometimes
- **4** = Often
- **5** = Almost always

Items	1	2	3	4	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.					

Scoring		
Subscale	**Items**	**Score**
Self-kindness	2, 6	
Self-judgment	11, 12	
Common humanity:	5, 10	
Isolation	4, 8	
Mindfulness	3, 7	
Over-identification	1, 9	
Self-compassion score (mean of the six subscales):		

Scoring and interpretation

The six subscales of the SCS-SF are represented by the following items:

- **Self-kindness:** Items 2, 6
- **Self-judgment (reverse-scored):** Items 11, 12
- **Common humanity:** Items 5, 10
- **Isolation (reverse scored):** Items 4, 8
- **Mindfulness:** Items 3, 7
- **Over-identification (reverse-scored):** Items 1, 9

To calculate a subscale score, take the mean of the items assigned to that subscale. Note that responses for the self-judgment, isolation, and over-identification subscales must be reverse-scored before calculating the mean.

The overall self-compassion score is determined by averaging the means of all six subscales. A higher score indicates a greater level of self-compassion.

Although there are no standardized clinical norms for interpreting high or low self-compassion scores, they are typically used comparatively to evaluate changes or differences across individuals or groups.

Reference

Raes, F., Pommier, E., Neff, K. D., & Van Gucht, D. (2011). Construction and factorial validation of a short form of the Self-Compassion Scale. *Clinical psychology & psychotherapy*, *18*(3), 250–255. https://doi.org/10.1002/cpp.702