

Neff's Self-Compassion Scale (Short-form)

Please respond to each item by marking one box per row		Never	Rarely	Sometimes	Often	Always
1	When I fail at something important to me I become consumed by feelings of inadequacy. (R)	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
2	I try to be understanding and patient towards those aspects of my personality I don't like.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
3	When something painful happens I try to take a balanced view of the situation.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
4	When I'm feeling down, I tend to feel like most other people are probably happier than I am. (R)	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
5	I try to see my failings as part of the human condition.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
6	When I'm going through a very hard time, I give myself the caring and tenderness I need.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
7	When something upsets me I try to keep my emotions in balance.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
8	When I fail at something that's important to me, I tend to feel alone in my failure(R)	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
9	When I'm feeling down I tend to obsess and fixate on everything that's wrong. (R)	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
10	When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
11	I'm disapproving and judgmental about my own flaws and inadequacies. (R)	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
12	I'm intolerant and impatient towards those aspects of my personality I don't like. (R)	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1

Scoring:

Coding and Scoring Key:	My Scores
Self-Kindness Items: 2, 6	
Self-Judgment Items: 11, 12	
Common Humanity Items: 5, 10	
Isolation Items: 4, 8	
Mindfulness Items: 3, 7	
Over-identified Items: 1, 9	
Total:	

Subscale scores are computed by calculating the mean of subscale item responses. To compute a total self-compassion score, note the reverse scores (the negative subscale items - self-judgment, isolation, and over-identification)- then compute a total mean.

Raes, F., Pommier, E., Neff, K.D., and Gucht, D.V. (2010). Construction and factorial validation of a short form of the self-compassion scale. *Clinical Psychology and Psychotherapy*, 18, 250-255.