

Self-Compassion Questionnaire

Check the box that best reflects you. Then add up your score. There is no right or wrong answer. Accept yourself wherever you are on this scale.

	Don't Agree				Completely Agree
	0	1	2	3	4
1. I feel that I don't deserve to be kind and forgiving to myself					
2. If I really think about being kind and gentle with myself, it makes me sad					
3. Getting on in life is about being tough rather than compassionate					
4. I would rather not know what being 'kind and compassionate to myself' feels like					
5. When I try and feel kind and warm to myself, I just feel kind of empty					
6. I fear that if I start to feel compassion and warmth for myself, I will feel overcome with a sense of loss/grief					
7. I fear that if I become kinder and less self-critical to myself then my standards will drop					
8. I fear that if I am more self-compassionate, I will become a weak person					
9. I have never felt compassion for myself, so I would not know where to begin to develop these feelings					
10. I worry that if I start to develop compassion for myself, I will become dependent on it					
11. I fear that if I become too compassionate to myself, I will lose my self-criticism and my flaws will show					
12. I fear that if I develop compassion for myself, I will become someone I do not want to be					
13. I fear that if I become too compassionate to myself others will reject me					
14. I find it easier to be critical towards myself rather than compassionate					
15. I fear that if I am too compassionate towards myself, bad things will happen					