

The Compassion Scale (CS)

Instructions: Please read each statement carefully before answering. Indicate how often you feel or behave in the stated manner on a scale from 1 'Almost Never' to 5 'Almost Always.' Please answer according to what really reflects your experience rather than what you think your experience should be.

1. I pay careful attention when other people talk to me about their troubles.
2. If I see someone going through a difficult time, I try to be caring toward that person.
3. I am unconcerned with other people's problems.
4. I realize everyone feels down sometimes, it is part of being human.
5. I notice when people are upset, even if they don't say anything.
6. I like to be there for others in times of difficulty.
7. I think little about the concerns of others.
8. I feel it's important to recognize that all people have weaknesses and no one's perfect.
9. I listen patiently when people tell me their problems.
10. My heart goes out to people who are unhappy.
11. I try to avoid people who are experiencing a lot of pain.
12. I feel that suffering is just a part of the common human experience.
13. When people tell me about their problems, I try to keep a balanced perspective on the situation.
14. When others feel sadness, I try to comfort them.
15. I can't really connect with other people when they're suffering.
16. Despite my differences with others, I know that everyone feels pain just like me.

Coding scheme

Kindness items: 2, 6, 10, 14

Common Humanity items: 4, 8, 12, 16

Mindfulness items: 1, 5, 9, 13

Indifference items (reverse-coded): 3, 7, 11, 15

To compute a total compassion score, take a grand mean of all items.

Reference: Pommier, E., Neff, K. D., Tóth-Király, I. (in press). The development and validation of the Compassion Scale. *Assessment*.