

SCS-Youth

Please circle the answer that best describes how you act towards yourself in difficult times.
Please read each sentence carefully and answer honestly. Thank you.

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|----------------|------------------|-------------|--------------|-----------------|
| 1 Almost never | 2 Not very often | 3 Sometimes | 4 Very often | 5 Almost always |
|----------------|------------------|-------------|--------------|-----------------|

1. I try to be kind and supportive to myself when I'm having a hard time.
2. When I feel sad or down, it seems like I'm the only one who feels that way.
3. When I notice things about myself that I don't like, I get really frustrated.
4. When I feel I'm not "good enough" in some way, I try to remind myself that other people sometimes feel this way too.
5. When I feel frustrated or disappointed, I think about it over and over again.
6. When something upsetting happens I try to see things as they are without blowing it out of proportion.
7. I get mad at myself for not being better at some things.
8. When I'm sad or unhappy, I remember that other people also feel this way at times.
9. I'm kind to myself when things go wrong and I'm feeling bad.
10. When I feel bad or upset, I tend to feel most other people are probably happier than I am.
11. When something difficult happens, I try to see things clearly without exaggerations.
12. I'm really hard on myself when I do something wrong.
13. When things aren't going well, I keep in mind that life is sometimes hard for everyone.
14. When I'm feeling bad or upset, I can't think of anything else at the time.
15. I try to be understanding and patient with myself even when I mess up.
16. When I'm really struggling, I tend to feel like other people are probably having an easier time of it.
17. When something upsets me, I try to notice my feelings and not get carried away by them.

SCORING KEY

Self-Kindness Items: 1, 9, 15

Self-Judgment Items (reverse scored): 3, 7, 12

Common Humanity Items: 4, 8, 13

Isolation Items (reverse scored): 2, 10, 16

Mindfulness Items: 6, 11, 17

Over-identified Items (reverse scored): 5, 14

To calculate a total score, take a grand mean of the six subscale means after reverse-coding.

Neff, K. D., Bluth, K., Tóth-Király, I., Davidson, O., Knox, M. C., Williamson, Z. & Costigan, A. (in press). Development and validation of the Self-Compassion Scale for Youth. *Journal of Personality Assessment*.

