

## State Self-Compassion Scale - Long form

### HOW I FEEL TOWARDS MYSELF RIGHT NOW

Think about a situation you are experiencing right now that is painful or difficult. It could be some challenge in your life, or perhaps you are feeling inadequate in some way. Please indicate how well each statement applies to how you are feeling toward yourself right now as you think about this situation, using the following scale:

Not at all true for me					Very true for me
1	2	3	4	5	

1. I'm giving myself the caring and tenderness I need.
2. I'm obsessing and fixating on everything that's wrong.
3. I see my difficulties as part of life that everyone goes through.
4. I'm being pretty tough on myself.
5. I'm keeping my emotions in balanced perspective.
6. I feel separate and cut off from the rest of the world.
7. I'm being kind to myself.
8. I'm getting carried away with my feelings.
9. I'm remembering that there are lots of others in the world feeling like I am.
10. I'm being a bit cold-hearted towards myself.
11. I'm taking a balanced view of this painful situation.
12. I feel like I'm struggling more than others right now.
13. I'm being supportive toward myself.
14. I'm blowing this painful incident out of proportion.
15. I'm remembering that difficult feelings are shared by most people.
16. I feel intolerant and impatient toward myself.
17. I'm keeping things in perspective.
18. I'm feeling all alone right now.

**Kindness: 1, 7, 13**

**Self-judgment: 4, 10, 16**

**Common humanity: 3, 9, 15**

**Isolation: 6, 12, 18**

**Mindfulness: 5, 11, 17**

**Over-identification: 2, 8, 14**

**Self-judgment, Isolation, and Over-identification items are reverse-scored. To calculate a total state self-compassion score, take a mean of all 18 items after appropriate reverse-coding.**

## State Self-Compassion Scale - Short form

### HOW I FEEL TOWARDS MYSELF RIGHT NOW

Think about a situation you are experiencing right now that is painful or difficult. It could be some challenge in your life, or perhaps you are feeling inadequate in some way. Please indicate how well each statement applies to how you are feeling toward yourself right now as you think about this situation, using the following scale:

Not at all true for me					Very true for me
1	2	3	4	5	

1. I'm giving myself the caring and tenderness I need.
2. I'm obsessing and fixating on everything that's wrong.
3. I'm remembering that there are lots of others in the world feeling like I am.
4. I feel intolerant and impatient toward myself.
5. I'm keeping things in perspective.
6. I feel like I'm struggling more than others right now.

**Reverse code items 2, 4 and 6 and then take a grand mean to calculate a total state self-compassion score.**

The short scale has adequate psychometric properties and a very strong correlation with the long scale. It can be used when assessing the six components of self-compassion is not necessary.

Reference: For more information on its use, please see: Neff, K. D., Tóth-Király, I., Knox, M., Kuchar, A. & Davidson, O. (2020). The development and validation of the State Self-Compassion Scale (long and short form). *Mindfulness*. Advance online publication. DOI: 10.1007/s12671-020-01505-4. [PDF](#)