SCS

# Self-Compassion Scale (SCS)

The Self-Compassion Scale (SCS) is a self-report tool designed to measure an individual's level of self-compassion by distinguishing different dimensions, such as self-kindness, self-judgment, a sense of common humanity, and mindfulness. The SCS is particularly useful for clinical assessment, research, or monitoring intervention programs in positive psychology or psychotherapy. It is commonly used to detect patterns of self-criticism and self-kindness.

| | |
|---|---|
| Number of questions | 26 questions |
| Estimated duration | 10 minutes |
| Language | English |
| Original name | Self-Compassion Scale |
| Target audience | Adults |
| Authors | Kristin Neff (2003) |
| Category | General |

## Preview of the 26 questions

I'm disapproving and judgmental about my own flaws and inadequacies.

1 - Almost never | 2 | 3 | 4 | 5 - Almost always

When I'm feeling down I tend to obsess and fixate on everything that's wrong.

1 - Almost never | 2 | 3 | 4 | 5 - Almost always

When things are going badly for me, I see the difficulties as part of life that everyone goes through.

1 - Almost never | 2 | 3 | 4 | 5 - Almost always

When I think about my inadequacies, it tends to make me feel more separate and cut off from the rest of the world.

1 - Almost never | 2 | 3 | 4 | 5 - Almost always

I try to be loving towards myself when I'm feeling emotional pain.

1 - Almost never | 2 | 3 | 4 | 5 - Almost always

### Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

## Scoring & interpretation

The SCS consists of 26 items rated on a Likert scale from 1 (almost never) to 5 (almost always). There are six subscales: self-kindness, self-judgment, common humanity, isolation, mindfulness, and over-identification. Scores are calculated for each subscale, along with an overall self-compassion score. A high score indicates a high level of self-compassion, while a low score indicates more self-criticism or difficulty treating oneself with kindness.


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