Self-Compassion Scale Reflection

Self-Esteem: How Kindly Do You Treat Yourself?

Self-compassion means treating yourself with the same kindness you would offer a good friend when you are struggling. Psychologist Kristin Neff, who created a research questionnaire called the Self-Compassion Scale in 2003, describes three parts of self-compassion, each with an opposite. This worksheet is not her scale. It is a reflection in our own words on where you are kind to yourself and where you could use more practice.

1 The three parts

Self-kindness Opposite: self-judgment	Being warm and understanding with yourself when you fall short.
Common humanity Opposite: isolation	Remembering that everyone struggles and makes mistakes.
Mindfulness Opposite: over-identification	Noticing painful feelings without pushing them away or drowning in them.

Why does this work? *Self-compassion lets you admit a mistake without attacking yourself, which can make it easier to learn and try again. Studies link it with lower anxiety and depression and suggest it can grow with practice.*

2 Rate yourself

Think about the last few weeks, then mark each line from 0 to 10. There is no right score.

When I make a mistake, how kind is the way I talk to myself?

0 1 2 3 4 5 6 7 8 9 10

Very harsh — *Very kind*

When I struggle, how often do I remember that other people go through this too?

0 1 2 3 4 5 6 7 8 9 10

Never — *Almost always*

When I feel bad, how well can I notice the feeling without being swept away by it?

0 1 2 3 4 5 6 7 8 9 10

Not at all — *Very well*

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*

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3 Talk to yourself like a friend

A recent moment when I was hard on myself:

What I said to myself:

What I would say to a good friend in the same spot:

Example: Anyone would be nervous before that. You prepared, and one rough meeting does not define you.

4 Practice the three parts

Pick the part you rated lowest, or try all three this week.

Kindness: one kind thing I can say or do for myself:

Common humanity: a reminder that I am not alone in this:

Example: Lots of new parents feel lost at first.

Mindfulness: how I can name a hard feeling without getting lost in it:

Example: I notice I am feeling ashamed right now.

If your inner critic is harsh or never lets up, a therapist can help you build a kinder way of talking to yourself.

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