

Self-Compassion Scale Coding Key

Scoring Sheet

For each statement, place your response (the number you chose from the 1 to 5 scale) next to that statement's number. Carefully transfer your responses, because the statement numbers are now grouped in various categories.

Self-Kindness (SK) Items:

5 _____

12 _____

19 _____

23 _____

26 _____

SK Subtotal of items: _____

SK Mean (divide subtotal by 5): _____

Self-Judgment (SJ) Items:

1 _____

8 _____

11 _____

16 _____

21 _____

SJ Subtotal of items: _____

SJ Mean (divide subtotal by 5): _____

Common Humanity (CH) Items:

3 _____

7 _____

10 _____

15 _____

CH Subtotal of items: _____

CH Mean (divide subtotal by 4): _____

Isolation (I) Items:

4 _____

13 _____

18 _____

25 _____

I Subtotal of items: _____

I Mean (divide subtotal by 4): _____

Mindfulness (M) Items:

9 _____

14 _____

17 _____

22 _____

M Subtotal of items: _____

M Mean (divide subtotal by 4): _____

Over-Identification (OI) Items:

2 _____

6 _____

20 _____

24 _____

OI Subtotal of items: _____

OI Mean (divide subtotal by 4): _____

Total Self-Compassion Score

1. Reverse code (rc) the negatively worded subscales (SJ, I, and OI) by subtracting each mean from 6.

$$6 - \text{SJ mean} = \underline{\quad} \quad 6 - \text{I mean} = \underline{\quad} \quad 6 - \text{OI mean} = \underline{\quad}$$

2. Add the six means:

$$\text{SK} \underline{\quad} + \text{SJ (rc)} \underline{\quad} + \text{CH} \underline{\quad} + \text{I (rc)} \underline{\quad} + \text{M} \underline{\quad} + \text{OI (rc)} \underline{\quad} = \underline{\quad}$$

3. Calculate Grand Self-Compassion Mean (total mean divided by 6) = $\underline{\quad}$

Score Interpretations

Average scores tend to be around 3.0 on the 1–5 scale, so you can interpret your total self-compassion score accordingly. As a rough guide, a score of 1–2.5 indicates you are low in self-compassion, 2.5–3.5 indicates you are moderate, and 3.5–5.0 means you are high.

Note if you are scoring this yourself: Remember that higher means for the self-judgment (SJ), isolation (I), and over-identification (OI) subscales indicate *less* self-compassion before reverse-coding and *more* after reverse-coding.

Individual Subscales

Self-kindness is the capacity to be warm and understanding toward ourselves when we suffer, fail, or feel inadequate. *Self-judgment* is the opposite—the tendency to ignore personal emotional pain and to beat ourselves up with self-criticism.

Common humanity is the capacity to recognize that suffering and personal inadequacy are part of the shared human experience. *Isolation* is the opposite—the pervasive sense that you are the only person who suffers or makes mistakes.

Mindfulness is the capacity to take a balanced approach to negative emotions, so that feelings are neither suppressed nor exaggerated, to observe negative emotions with openness and clarity. *Over-identification* is the opposite of mindfulness and suggests that we are caught up and swept away by our own negative reactions.*

*Adapted from Kristin Neff, “The Three Elements of Self-Compassion,” Self-Compassion, www.self-compassion.org.