

# Are You Self-Compassionate?

## Objective

To evaluate your level of self-compassion.

## What to Know

Self-compassion is the ability to understand, love, and accept yourself. Perhaps it is easy for you to extend compassion toward others but find it difficult to extend the same compassion toward yourself. Self-compassion is not self-indulgent, selfish, or self-pitying. In fact, it can help reduce anxiety, insecurity, and other mental health problems.

An inability to accept your areas of weakness, or extend kindness toward yourself when you fail, may lead to a decrease in emotional well-being. Kristin Neff (2003) was the first psychologist to study self-compassion. She described self-compassion as having three elements.

- Self-kindness – avoiding harsh self-criticism
- Recognizing one's own humanity – understanding that all people are imperfect and experience pain
- Mindfulness – having a non-biased awareness of experiences, even those that are painful

This worksheet will help you evaluate how self-compassionate you are and how well you treat yourself during difficult times. If you exhibit a high level of self-compassion, you probably accept failure without beating up on yourself. You recognize that you are deserving of love and acceptance.

## What to Do

Answer the following questions as honestly as possible, then add up your score. Rate each statement between 0 and 5, where 0 = never, to 5 = always.

\_\_\_\_\_ When I am upset, I find healthy ways to cope to manage my emotions.

\_\_\_\_\_ My self-talk is gentle, nurturing, and supportive.

\_\_\_\_\_ I am understanding and patient toward aspects of my personality I do not like.

\_\_\_\_\_ When something painful happens, I take a balanced view of the situation.

\_\_\_\_\_ I see my failings as part of being human.

\_\_\_\_\_ When I experience a challenging time, I give myself the love, care, and tenderness I need.

\_\_\_\_\_ When I feel inadequate, I remind myself that everyone feels this way sometimes.

\_\_\_\_\_ When I fail at something, I quickly bounce back.

\_\_\_\_\_ I am tolerant and patient with myself.

- \_\_\_ I avoid self-criticism and stop negative self-talk in its tracks.
- \_\_\_ I avoid harsh self-judgment.
- \_\_\_ I forgive myself and recognize that mistakes are part of my growth.
- \_\_\_ I do not obsess or fixate on things that are going wrong.
- \_\_\_ I accept my flaws and inadequacies.
- \_\_\_ I accept that I am not perfect.
- \_\_\_ I am mindful of my self-talk.
- \_\_\_ I give myself a break when I make a mistake.
- \_\_\_ I learn from painful experiences.
- \_\_\_ I treat myself like a good friend.
- \_\_\_ I acknowledge when I need to take care of myself, and I do not believe this is selfish.
- \_\_\_ Total Score

If you scored between:

80-100 points, you have a high level of self-compassion.

50-79 points, you might be somewhat low in self-compassion, and you would benefit from developing self-acceptance and self-kindness.

0-49 points, you might have a negative thinking style that is associated with challenging emotions, self-criticism, and mental health problems. You might want to find ways to develop the ability to relate to yourself in a more compassionate way.

Based on your score, how self-compassionate are you?

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Is this an accurate reflection of how you treat yourself? Why or why not?

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If you scored 79 points or less, what are some ways you can improve your self-compassion?

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Based on what you know about self-compassion, how will increasing your self-compassion help you through difficult times?

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**Reflections on This Exercise**

How helpful was this exercise? \_\_\_\_\_  
(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What did you learn from this exercise?

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