








SELF-COMPASSION SCALE

In stressful moments, how kindly do you treat yourself?
Over time, you can see if you're getting better at offering yourself grace and patience, which are a big part of self-protection.

VERY UNKIND		VERY KIND
VERY UNKIND		VERY KIND
VERY UNKIND		VERY KIND
VERY UNKIND		VERY KIND
VERY UNKIND		VERY KIND
VERY UNKIND		VERY KIND
VERY UNKIND		VERY KIND