

Scale 2: Responding to the expression of compassion from others

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|-----|--|---|---|---|---|---|
| 1. | Wanting others to be kind to oneself is a weakness | 0 | 1 | 2 | 3 | 4 |
| 2. | I fear that when I need people to be kind and understanding they wont be | 0 | 1 | 2 | 3 | 4 |
| 3. | I'm fearful of becoming dependent on the care from others because they might not always be available or willing to give it | 0 | 1 | 2 | 3 | 4 |
| 4. | I often wonder whether displays of warmth and kindness from others are genuine | 0 | 1 | 2 | 3 | 4 |
| 5. | Feelings of kindness from others are somehow frightening | 0 | 1 | 2 | 3 | 4 |
| 6. | When people are kind and compassionate towards me I feel anxious or embarrassed | 0 | 1 | 2 | 3 | 4 |
| 7. | If people are friendly and kind I worry they will find out something bad about me that will change their mind | 0 | 1 | 2 | 3 | 4 |
| 8. | I worry that people are only kind and compassionate if they want something from me | 0 | 1 | 2 | 3 | 4 |
| 9. | When people are kind and compassionate towards me I feel empty and sad | 0 | 1 | 2 | 3 | 4 |
| 10. | If people are kind I feel they are getting too close | 0 | 1 | 2 | 3 | 4 |
| 11. | Even though other people are kind to me, I have rarely felt warmth from my relationships with others | 0 | 1 | 2 | 3 | 4 |
| 12. | I try to keep my distance from others even if I know they are kind | 0 | 1 | 2 | 3 | 4 |
| 13. | If I think someone is being kind and caring towards me, I 'put up a barrier' | 0 | 1 | 2 | 3 | 4 |

Scale 3: Expressing kindness and compassion towards yourself

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| 1. | I feel that I don't deserve to be kind and forgiving to myself | 0 | 1 | 2 | 3 | 4 |
| 2. | If I really think about being kind and gentle with myself it makes me sad | 0 | 1 | 2 | 3 | 4 |
| 3. | Getting on in life is about being tough rather than compassionate | 0 | 1 | 2 | 3 | 4 |
| 4. | I would rather not know what being 'kind and compassionate to myself' feels like | 0 | 1 | 2 | 3 | 4 |
| 5. | When I try and feel kind and warm to myself I just feel kind of empty | 0 | 1 | 2 | 3 | 4 |
| 6. | I fear that if I start to feel compassion and warmth for myself, I will feel overcome with a sense of loss/grief | 0 | 1 | 2 | 3 | 4 |
| 7. | I fear that if I become kinder and less self-critical to myself then my standards will drop | 0 | 1 | 2 | 3 | 4 |
| 8. | I fear that if I am more self compassionate I will become a weak person | 0 | 1 | 2 | 3 | 4 |
| 9. | I have never felt compassion for myself, so I would not know where to begin to develop these feelings | 0 | 1 | 2 | 3 | 4 |
| 10. | I worry that if I start to develop compassion for myself I will become dependent on it | 0 | 1 | 2 | 3 | 4 |
| 11. | I fear that if I become too compassionate to myself I will lose my self-criticism and my flaws will show | 0 | 1 | 2 | 3 | 4 |
| 12. | I fear that if I develop compassion for myself, I will become someone I do not want to be | 0 | 1 | 2 | 3 | 4 |
| 13. | I fear that if I become too compassionate to myself others will reject me | 0 | 1 | 2 | 3 | 4 |
| 14. | I find it easier to be critical towards myself rather than compassionate | 0 | 1 | 2 | 3 | 4 |
| 15. | I fear that if I am too compassionate towards myself, bad things will happen | 0 | 1 | 2 | 3 | 4 |