

Self-Compassion Assessment

This assessment is designed to help you reflect on your level of self-compassion and identify areas where you might benefit from practicing more kindness toward yourself. Use this to gain deeper insights into your relationship with yourself.

Instructions:

For each statement below, please grade each statement on a scale from 1 to 10, with 1 meaning not at all true and 10 meaning very true.

- 1. My thoughts about myself are kind.**
- 2. I feel love toward myself when I recognize a pattern or action of mine to be wrong.**
- 3. I can visualize or sense myself as someone deserving of good things happening in my life.**
- 4. I am tuned into my body signals and messages, using them as feedback to be kinder to myself in various situations.**
- 5. I am living up to the realistic life standards I have set for myself.**

Grading Your Self-Compassion

Use the total score to gain insight into your overall level of self-compassion. Each statement's score can help pinpoint specific areas to focus on.

- **41-50: High Self-Compassion**
You have a strong sense of self-compassion and are likely kind to yourself even in challenging situations. Continue nurturing these habits to maintain and deepen your well-being.
- **31-40: Moderate Self-Compassion**
You exhibit a fair degree of self-compassion but may find certain situations challenging. Reflect on the areas where you scored lower and consider ways to enhance your self-kindness in those aspects.
- **21-30: Low Self-Compassion**
You may struggle with self-compassion in many areas of your life. Consider this an opportunity to explore self-compassion practices, such as mindful self-talk or self-care routines, to improve your relationship with yourself.
- **10-20: Very Low Self-Compassion**
You may find it difficult to be kind to yourself and might often engage in self-criticism. It might be beneficial to seek additional resources or support to help cultivate a more compassionate relationship with yourself.

Reflection:

Once you have completed the assessment, take a moment to reflect on your scores:

- Which areas do you feel most confident in?
- Where do you see room for growth?
- How might practicing more self-compassion in certain areas positively impact your life?

Use these reflections to guide your self-compassion practice moving forward. Remember, the goal is progress, not perfection.