

Please read each statement carefully before answering. To the left of each item, indicate how often you behave in the stated manner, using the following scale.

1 - Almost Never; 2- Occasionally; 3- Fairly Often; 4 - Almost Always

	I'm disapproving and judgmental about my own flaws and inadequacies.
	When I'm feeling down I tend to obsess and fixate on everything that's wrong.
	When things are going badly for me, I see the difficulties as part of life that everyone goes through.
	When I think about my inadequacies, it tends to make me feel more separate and cut off from the rest of the world.
	I try to be loving towards myself when I'm feeling emotional pain.
	When I fail at something important to me I become consumed by feelings of inadequacy.
	I'm tolerant of my own flaws and inadequacies.
	When I'm really struggling, I tend to feel like other people must be having an easier time of it.
	I am kind to myself when I'm experiencing suffering.
	When something upsets me I try to keep my emotions in balance.
	When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.
	When I fail at something that's important to me, I tend to feel alone in my failure.
	When I'm going through a very hard time, I give myself the caring and tenderness I need.
	When I'm feeling down, I tend to feel like most other people are probably happier than I am.
	When something painful happens I try to take a balanced view of the situation.
	I try to see my failings as part of the human condition.
	When I see aspects of myself that I don't like, I get down on myself.
	When I fail at something important to me I try to keep things in perspective.
	When I'm feeling down I try to approach my feelings with curiosity and openness.
	When something upsets me I get carried away with my feelings.
	I can be a bit cold-hearted towards myself when I'm experiencing suffering.