

Self-Compassion Survey

Instructions:

Please read each sentence carefully and indicate the answer that best describes how you act towards yourself in difficult times.

Please answer honestly using the following scale

1 Almost never

2 Not very often

3 Sometimes

4 Very often

5 Almost always

1. I try to be kind and supportive to myself when I'm having a hard time.

Almost never Not very often Sometimes Very often Almost always

2. When I feel sad or down, it seems like I'm the only one who feels that way.

Almost never Not very often Sometimes Very often Almost always

3. When I notice things about myself that I don't like, I get really frustrated.

Almost never Not very often Sometimes Very often Almost always

4. When I feel I'm not "good enough" in some way, I try to remind myself that other people sometimes feel this way too.

Almost never Not very often Sometimes Very often Almost always

5. When I feel frustrated or disappointed, I think about it over and over again.

Almost never Not very often Sometimes Very often Almost always

6. When something upsetting happens I try to see things as they are without blowing it out of proportion.

Almost never Not very often Sometimes Very often Almost always

7. I get mad at myself for not being better at some things.

Almost never Not very often Sometimes Very often Almost always

8. When I'm sad or unhappy, I remember that other people also feel this way at times.

Almost never Not very often Sometimes Very often Almost always

9. I'm kind to myself when things go wrong and I'm feeling bad.

Almost never Not very often Sometimes Very often Almost always

10. When I feel bad or upset, I tend to feel most other people are probably happier than I am.

Almost never Not very often Sometimes Very often Almost always

11. When something difficult happens, I try to see things clearly without exaggerations.

Almost never Not very often Sometimes Very often Almost always

12. I'm really hard on myself when I do something wrong.

Almost never Not very often Sometimes Very often Almost always

13. When things aren't going well, I keep in mind that life is sometimes hard for everyone.

Almost never Not very often Sometimes Very often Almost always

14. When I'm feeling bad or upset, I can't think of anything else at the time.

Almost never Not very often Sometimes Very often Almost always

15. I try to be understanding and patient with myself even when I mess up.

Almost never Not very often Sometimes Very often Almost always

16. When I'm really struggling, I tend to feel like other people are probably having an easier time of it.

Almost never Not very often Sometimes Very often Almost always

17. When something upsets me, I try to notice my feelings and not get carried away by them.

Almost never Not very often Sometimes Very often Almost always

“You must think for yourself, what you must do. If someone tells you, then you are not trying.”

– Amy Tan, *The Joy Luck Club*

The **BE Self Exercise** is designed to deliver awareness building information.

Suggested use:

- Complete the exercise at the start of the school year with your students and again at the end of the school year. It is a great way to see how they change and grow and is an effective tool to aid in the self-discovery process.
- Have your students write an essay on what they learned about themselves, areas they would like to learn more and any goals they would like to accomplish.
- At the end of the school year have them write about any self-discoveries they have made and what they hope to continue to learn.



BE (Bold Energized) Self Exercise

This is an exercise to build self-awareness.

I, _____ , based on the following truths,
Name

in this moment, _____ know the following:
Date and Time

These truths may change as I grow, learn and become.

I value: _____

I love: _____

I hope: _____

I believe: _____

I understand: _____

I want to understand: _____

I accept: _____

I will: _____

Signed: _____

