

12-item Self-Compassion Scale- Short Form

Please rate on the scale from 1-5

- _____ 1. When I fail at something important to me I become consumed by feelings of inadequacy.
- _____ 2. I try to be understanding and patient towards those aspects of my personality I don't like.
- _____ 3. When something painful happens I try to take a balanced view of the situation.
- _____ 4. When I'm feeling down, I tend to feel like most other people are probably happier than I am.
- _____ 5. I try to see my failings as part of the human condition.
- _____ 6. When I'm going through a very hard time, I give myself the caring and tenderness I need.
- _____ 7. When something upsets me, I try to keep my emotions in balance.
- _____ 8. When I fail at something that's important to me, I tend to feel alone in my failure
- _____ 9. When I'm feeling down I tend to obsess and fixate on everything that's wrong.
- _____ 10. When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.
- _____ 11. I'm disapproving and judgmental about my own flaws and inadequacies.
- _____ 12. I'm intolerant and impatient towards those aspects of my personality I don't like.

The Gratitude Questionnaire – Six Item Form (GQ-6)

The Gratitude Questionnaire-Six-Item Form (GQ-6) is a six-item self-report questionnaire designed to assess individual differences in the proneness to experience gratitude in daily life.

McCullough, M. E., Emmons, R. A., & Tsang, J. (2002). The grateful disposition: A conceptual and empirical topography. *Journal of Personality and Social Psychology*, 82,112-127.

Instructions: Using the scale below as a guide, write a number beside each statement to indicate how much you agree with it.

- 1 = strongly disagree
- 2 = disagree
- 3 = slightly disagree
- 4 = neutral
- 5 = slightly agree
- 6 = agree
- 7 = strongly agree

1. I have so much in life to be thankful for.
2. If I had to list everything that I felt grateful for, it would be a very long list.
3. When I look at the world, I don't see much to be grateful for.
4. I am grateful to a wide variety of people.
5. As I get older I find myself more able to appreciate the people, events, and situations that have been part of my life history.
6. Long amounts of time can go by before I feel grateful to something or someone.

Scoring: Compute a mean across the item ratings; items 3 and 6 are reverse-scored.

Thank you for your time. Just take another moment, please, and provide the following demographic information:

- Age:
- Gender:
 - Male
 - Female
 - Transgender Female
 - Transgender Male
 - Gender Variant/Non-Conforming
 - Not Listed _____
 - Prefer not to Answer
- Race/ethnicity:
 - Euro-American/White
 - African American/Black
 - Native American/American Indian
 - Asian American
 - Hispanic American
 - Other _____
- Approximate total household income from adults per month (after deductions): _____
- Current marital status:
 - Single
 - Married/Civil Partner
 - Divorced
 - Separated
 - Widowed
 - Partner
 - Other _____
- Number of living children: _____
- Number of persons who live in your household: _____
- Would you regard yourself as someone with a disability of any kind?
 - Yes

- No
- Religious affiliation:
 - Protestant
 - Catholic
 - Other Christian: _____
 - Jewish
 - Muslim
 - Hindu
 - Buddhist
 - Others world religion _____
 - Atheist
 - Agnostics
 - No Religion
 - Prefer not to answer
- Sexual Orientation:
 - Gay/Lesbian
 - Asexual
 - Bisexual
 - Gay
 - Straight/Heterosexual
 - Lesbian
 - Pansexual
 - Queer
 - Questioning/unsure
 - Same-gender loving
 - An identity not listed, please specify _____
 - Prefer not to disclose

Political affiliation:

- Strong Republican
- Moderate Republican
- Liberal Republican
- Independent
- Conservative Democrat
- Moderate Democrat
- Strong Democrat

If you chose other for political affiliation, please specify: _____

Years of education completed (including school years): _____

Present education level:

- Undergraduate BSW student
- Graduate MSW student

Years of professional employment to nearest half year, e.g. 3.5 years: _____

Do you live in an urban, suburban, or rural area?

- Urban
- Rural
- Suburban/small town

Where do you see yourself on this scale in terms of spirituality?

- 1 (Not at all Spiritual)
- 2
- 3
- 4
- 5
- 6
- 7 (Very Spiritual)

What courses in the BSW/MSW Program have covered content on self-care and self-compassion: