

Compassion Assessment – Part 1

1. When I'm feeling down I tend to obsess and fixate on everything that's wrong.
2. When things are going badly for me, I see the difficulties as part of life that everyone goes through.
3. When times are really difficult, I tend to be tough on myself.
4. When something upsets me I try to keep my emotions in balance.
5. When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.
6. I'm intolerant and impatient towards those aspects of my personality I don't like.
7. When I'm feeling down, I tend to feel like most other people are probably happier than I am.
8. When something painful happens I try to take a balanced view of the situation.
9. When I fail at something important to me I try to keep things in perspective.
10. When I'm really struggling, I tend to feel like other people must be having an easier time of it.

11. I'm kind to myself when I'm experiencing suffering.

12. When something upsets me I get carried away with my feelings.

13. When I'm feeling down I try to approach my feelings with curiosity and openness.

14. When something painful happens I tend to blow the incident out of proportion.

15. When I fail at something that's important to me, I tend to feel alone in my failure.