**Noticing Self-Compassion**

For initial assessment and/or ongoing tracking of daily self-compassion.

**Marker:** This can be used at the beginning of therapy to assess client’s tendency to be self-compassionate, and can be given out weekly or periodically throughout treatment to assess changes in self-compassion. It’s also useful as a way to remind people to be more self-compassionate on a daily basis and to increase awareness of self-critical tendencies. Research shows that simply tracking a behavior tends to change it, so noticing compassion alone may increase compassion for some people.

**Therapist instructions:** “For this practice, I want you to take a few moments before you go to bed each night this week to write down how much you experienced each of the questions on a scale of 1 (not at all) to 5 (very often). The purpose of this worksheet is to track different ways in which you may have been kind to or critical of yourself each day. One part of developing more compassion is to notice ways in which we are critical of ourselves on a daily basis and opportunities for being kinder, gentler, or more friendly with ourselves. This worksheet can help with that.”

You can start the record with the client in session by completing the column for the past 24 hours and to give the client a chance to answer questions.

**Next Session Follow-up:**

What did the client notice while completing the worksheet each day?

Did they gain any new insights about themselves as a result of doing the tracking?

Were they surprised by the amount of self-compassion or self-criticism they experience?

Did they look forward to completing the worksheet or try to avoid it?

Did they complete it each night or all at once?

Which questions stood out to them?

Did they notice any places where they are particularly hard on themselves or where they could use more self-compassion?

Did their responses change depending on what they did that day? Who they were with? Where they were?

**Daily reflection: Noticing compassion**

Before you go to bed in the evening, take a few minutes to complete this form to increase awareness of how you treated yourself today when you were suffering.

Please read each statement carefully before answering. For each day, rate how often you behaved in the stated manner over the previous 24 hours:

 **Not at Very**

 **all often**

 **1 2 3 4 5**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Mon | Tues | Wed | Thur | Fri | Sat | Sun |
| 1. When things went badly for me today, I saw the difficulties as a part of life that everyone experiences.
 |  |  |  |  |  |  |  |
| 1. I tried to be loving towards myself when I was feeling emotional pain.
 |  |  |  |  |  |  |  |
| 1. When I was feeling down or upset today, I reminded myself that there are lots of other people in the world feeling like I am.
 |  |  |  |  |  |  |  |
| 1. When things were difficult today, I was tough on myself.
 |  |  |  |  |  |  |  |
| 1. I was intolerant and impatient towards those aspects of my personality I don't like.
 |  |  |  |  |  |  |  |
| 1. I was caring and tender toward myself today.
 |  |  |  |  |  |  |  |
| 1. I saw my failings as part of the human condition.
 |  |  |  |  |  |  |  |
| 1. When I was suffering, I was kind to myself.
 |  |  |  |  |  |  |  |
| 1. I was a bit cold-hearted towards myself when I suffered today.
 |  |  |  |  |  |  |  |
| 1. When I felt painful things today, I tried to approach my feelings with curiosity and openness.
 |  |  |  |  |  |  |  |
| 1. I was disapproving and judgmental about my own flaws and inadequacies.
 |  |  |  |  |  |  |  |
| 1. I was intolerant and impatient towards those aspects of my personality I don’t like.
 |  |  |  |  |  |  |  |

Items adapted from the “Self-Compassion Scale” by Kristen Neff. If you’d like to test yourself or see the scale, go to: http://self-compassion.org/test-your-self-compassion-level.html