

Steppingstone #15

Self-Compassion

Strongly disagree 0 1 2 3 4 5 6 7 8 9 10 Strongly agree

A. I like the way I am

B. I am kind to myself when things go wrong

C. I think I have done well in life

D. I avoid blaming myself as a rule

E. I like all aspects of my personality

F. I frequently encourage myself

G. I show myself compassion when I am not at my best

H. I accept my shortcomings, whatever they may be

I. I think I am a good person

J. I accept my imperfections

Total