**HOW I TYPICALLY ACT TOWARDS MYSELF IN DIFFICULT TIMES**

Please read each statement carefully before answering. To the left of each item, indicate how often you behave in the stated manner, using the following scale:

**Almost never Almost always**

**1 2 3 4 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.