

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**

1

2

3

4

**Almost
always**

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.

FSCRS – LAST WEEK

When things go wrong in our lives or don't work out as we hoped, and we feel we could have done better, we sometimes have *negative and self-critical thoughts and feelings*. These may take the form of feeling worthless, useless or inferior etc. However, people can also try to be supportive of themselves. Below are a series of thoughts and feelings that people sometimes have. Read each statement carefully and circle the number that best describes how much each statement was true for you **over the last week**.

0	1	2	3	4	
Not at all like me	A little bit like me	Moderately like me	Quite a bit like me	Extremely like me	
1. I was easily disappointed with myself.	0	1	2	3	4
2. There was a part of me that put me down.	0	1	2	3	4
3. I was able to remind myself of positive things about myself.	0	1	2	3	4
4. I found it difficult to control my anger and frustration at myself.	0	1	2	3	4
5. I found it easy to forgive myself.	0	1	2	3	4
6. There was a part of me that felt I am not good enough.	0	1	2	3	4
7. I felt beaten down by my own self-critical thoughts.	0	1	2	3	4
8. I liked being me.	0	1	2	3	4
9. I became so angry with myself that I wanted to hurt or injure myself.	0	1	2	3	4
10. I had a sense of disgust with myself.	0	1	2	3	4
11. I was still able to feel lovable and acceptable.	0	1	2	3	4
12. I stopped caring about myself.	0	1	2	3	4
13. I found it easy to like myself.	0	1	2	3	4
14. I remembered and dwelled on my failings.	0	1	2	3	4
15. I called myself names.	0	1	2	3	4
16. I was gentle and supportive of myself.	0	1	2	3	4
17. I couldn't accept failures and setbacks without feeling inadequate.	0	1	2	3	4
18. I thought that I deserved my self-criticism.	0	1	2	3	4
19. I was able to care and look after myself.	0	1	2	3	4
20. There was a part of me that wants to get rid of the bits I don't like.	0	1	2	3	4
21. I encouraged myself for the future.	0	1	2	3	4
22. I did not like being me.	0	1	2	3	4

ISS - last week

DIRECTIONS: Below is a list of statements describing feelings or experiences that you may have had over the past week. Most of these statements describe feelings and experiences that are generally painful or negative in some way. Try to be as honest as you can in responding. Read each statement carefully and circle the number underneath the item that indicates the frequency with which you have found yourself feeling or experiencing what is described in the statement **OVER THE LAST WEEK**.

0	1	2	3	4
NEVER	SELDOM	SOMETIMES	FREQUENTLY	ALMOST ALWAYS

1. I felt like I am never quite good enough.	0	1	2	3	4
2. I felt somehow left out	0	1	2	3	4
3. I thought that people looked down on me.	0	1	2	3	4
4. I scolded myself and put myself down.	0	1	2	3	4
5. I felt insecure about others' opinions of me.	0	1	2	3	4
6. Compared to other people, I felt like I somehow never measure up.	0	1	2	3	4
7. I saw myself as being very small and insignificant.	0	1	2	3	4
8. I felt intensely inadequate and full of self-doubt.	0	1	2	3	4
9. I felt as if I am somehow defective as a person, like there is something basically	0	1	2	3	4
10. I compared myself to others and felt I am just not as important.	0	1	2	3	4
11. I had an overpowering dread that my faults will be revealed in front of others.	0	1	2	3	4
12. I saw myself striving for perfection only to continually fall short.	0	1	2	3	4
13. I thought that others are able to see my defects.	0	1	2	3	4
14. I felt like I could beat myself over the head with a club when I made a mistake.	0	1	2	3	4
15. I wanted to shrink away when I made a mistake	0	1	2	3	4
16. I replayed painful events over and over in my mind until I was overwhelmed.	0	1	2	3	4
17. At times I felt like I would break into a thousand pieces.	0	1	2	3	4
18. I felt as if I had lost control over my body functions and my feelings.	0	1	2	3	4
19. Sometimes I felt no bigger than a pea.	0	1	2	3	4
20. At times I felt so exposed that I wished the earth would open up and swallow me.	0	1	2	3	4
21. I had this painful gap within me that I was not able to fill.	0	1	2	3	4
22. I felt empty and unfulfilled.	0	1	2	3	4
23. My loneliness was more like emptiness.	0	1	2	3	4
24. I felt like there is something missing.	0	1	2	3	4