

DEPARTMENT OF PSYCHIATRY

# SELF-COMPASSION SCALE AND TOOLS

We are often self-critical and have difficulty with our own struggles (it's often easier to support and help others rather than supporting ourselves). The purpose of self-compassion is not to make you feel better. Self-compassion changes the way you deal with the distress of burnout so that you stop avoiding it, beating yourself up for it, or judging yourself as somehow deficient because you can't do it all (Neff, 2024 [www.self-compassion.org](http://www.self-compassion.org)).

Check your own level of self-compassion (the antidote to self-criticism) using Neff's empirically validated scale along with resources to practice the skills:



*Self  
Compassion  
Guided Practice*

*Self-  
Compassion  
Scale (26 items)*



*The Elements  
of Self  
Compassion*



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