

## Sussex-Oxford Compassion for the Self Scale (SOCS-S)

### Instructions

Below are statements describing how you might relate to **yourself**. Please indicate how true the following statements are of you using the 5-point response scale (1 = Not at all true, 2 = Rarely true, 3 = Sometimes true, 4 = Often true, 5 = Always true). For example, if you think that a statement is often true of you, circle '4'.

Note: In the below items, generic terms (e.g., 'upset', 'distress', 'suffering', 'struggling') are used to cover a range of unpleasant emotions, such as sadness, fear, anger, frustration, guilt, shame, etc.

Please provide an answer for each statement.

	Not at all true	Rarely true	Sometimes true	Often true	Always true
1. I'm good at recognising when I'm feeling distressed.	1	2	3	4	5
2. I understand that everyone experiences suffering at some point in their lives.	1	2	3	4	5
3. When I'm going through a difficult time, I feel kindly towards myself.	1	2	3	4	5
4. When I'm upset, I try to stay open to my feelings rather than avoid them.	1	2	3	4	5
5. I try to make myself feel better when I'm distressed, even if I can't do anything about the cause.	1	2	3	4	5
6. I notice when I'm feeling distressed.	1	2	3	4	5
7. I understand that feeling upset at times is part of human nature.	1	2	3	4	5
8. When bad things happen to me, I feel caring towards myself.	1	2	3	4	5
9. I connect with my own distress without letting it overwhelm me.	1	2	3	4	5
10. When I'm going through a difficult time, I try to look after myself.	1	2	3	4	5
11. I'm quick to notice early signs of distress in myself.	1	2	3	4	5
12. Like me, I know that other people also experience struggles in life.	1	2	3	4	5

	Not at all true	Rarely true	Sometimes true	Often true	Always true
13. When I'm upset, I try to tune in to how I'm feeling.	1	2	3	4	5
14. I connect with my own suffering without judging myself.	1	2	3	4	5
15. When I'm upset, I try to do what's best for myself.	1	2	3	4	5
16. I recognise signs of suffering in myself.	1	2	3	4	5
17. I know that we can all feel distressed when things don't go well in our lives.	1	2	3	4	5
18. Even when I'm disappointed with myself, I can feel warmly towards myself when I'm in distress.	1	2	3	4	5
19. When I'm upset, I can let the emotions be there without feeling overwhelmed.	1	2	3	4	5
20. When I'm upset, I do my best to take care of myself.	1	2	3	4	5

### Scoring Information

Users may compute both total subscale scores and a total SOCS-S score. To compute total subscale scores, sum item scores within each subscale (see below for items associated with each subscale). To compute a total SOCS-S score, sum all five total subscale scores or sum all 20 item scores.

Recognising suffering items: 1, 6, 11, 16.

Understanding the universality of suffering items: 2, 7, 12, 17.

Feeling for the person suffering items: 3, 8, 13, 18.

Tolerating uncomfortable feelings items: 4, 9, 14, 19.

Acting or being motivated to act to alleviate suffering items: 5, 10, 15, 20.

### Reference

Gu, J., Baer, R., Cavanagh, K., Kuyken, W., & Strauss, C. (2019). Development and psychometric properties of the Sussex-Oxford compassion scales (SOCS). *Assessment*, 1073191119860911.