

Mindful Self-Compassion

MSC Pre-Post Assessment Packet

Including the Standard Full Battery, a Short Battery, Scoring Keys and Optional Supplementary Measures

This packet includes a recommended standard battery of measures that are currently being used to assess the impact of the Mindful Self-Compassion program. We have also included a short form of this battery that is quite handy for routine pre-post assessments of MSC courses. There is also a set of supplementary measures of related constructs that may be of interest as well.

If you intend to collect data on your program, then we recommend that you choose one of the two batteries so that you could potentially compare results with other MSC programs worldwide.

NOTE: The Standard and Short Batteries were created in SurveyMonkey, an online survey site, and if you have a SurveyMonkey account, the batteries can be shared electronically with you so that you can collect data online. Contact Steven Hickman, Director of Professional Training for the Center for MSC at steve@centerformsc.org to obtain the electronic version of the battery.



MSC Standard Full Battery

- 1. Self-Compassion Scale - Short Form (SCS-SF)..... 5
- 2. Satisfaction With Life Scale (SWLS) 6
- 3. Depression, Anxiety, and Stress Scale (DASS)..... 7
- 4. Compassion for Others Scale (CS)..... 9
- 5. Subjective Happiness Scale (HAP) 11
- 6. Cognitive and Affective Mindfulness Scale (CAMS-R)..... 12
- 7. Impact of Events Scale - Avoidance subscale (IES-R) 13
- 8. Fears of Compassion Scale - Self-Compassion subscale (FOCS) 14

1. Which course are you registered to attend?

- ☐ Mindfulness-Based Stress Reduction (MBSR)
- ☐ Mindful Self-Compassion (MSC)
- ☐ Compassion Cultivation Training (CCT)

***2. The survey will be anonymous. You will need to set and remember a code to allow us to compare your measures with a follow-up survey, in which you will perhaps decide to participate.**

Please choose a four-digit code, which you can easily remember.

3. Please give the date

4. Age

5. Sex

	Male	Female
Sex	<input type="radio"/>	<input type="radio"/>

6. Profession

7. Highest educational level

- ☐ High School
- ☐ College
- ☐ Graduate Degree

8. Annual income

	less than 30,000	30,000 - 60,000	60,000 - 90,000	above 90,000
Approximate income	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

9. Ethnic Background

	African American/Black	Asian/Southeast Asian	European American/White	Hispanic/Mexican American	Mixed ethnicity	Other
Ethnicity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

10. Did you have any meditation experience prior to taking this course?

- ☐ Yes
- ☐ No

11. If yes, how many years of meditation experience have you had prior to taking this course?

Number of years

12. Do you currently have a meditation practice?

☐ Yes

☐ No

13. Does your practice include some form of compassion meditation?

☐ Yes

☐ No

☐ I don't know

If yes, please specify

14. Have you ever taken a mindfulness or compassion-based program before?

☐ MBSR (Mindfulness-Based Stress Reduction)

☐ MSC (Mindful Self-Compassion)

☐ CCT (Compassion Cultivation Training)

☐ No

Other (please specify)

15. If yes, how many years ago (approximately) did you take the course?

1. Please think about how you've felt recently. After each question, please indicate how often you typically reacted or behaved in the stated manner. Please answer according to what really reflects your experience rather than what you think your experience should be.

	1 Almost never	2	3	4	5 Almost always
1. When I fail at something important to me I become consumed by feelings of inadequacy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I try to be understanding and patient towards those aspects of my personality I don't like.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. When something painful happens I try to take a balanced view of the situation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. When I'm feeling down, I tend to feel like most other people are probably happier than I am.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I try to see my failings as part of the human condition.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. When I'm going through a very hard time, I give myself the caring and tenderness I need.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. When something upsets me I try to keep my emotions in balance.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. When I fail at something that's important to me, I tend to feel alone in my failure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. When I'm feeling down I tend to obsess and fixate on everything that's wrong.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. I'm disapproving and judgmental about my own flaws and inadequacies.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I'm intolerant and impatient towards those aspects of my personality I don't like.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

1. Think about how you have felt about your life recently. Please be open and honest in your responding, and indicate to what extent you agree or disagree with each statement.

[illegible]

1. Please think about how you have been feeling recently. Read each statement carefully, then indicate how much each statement applies to you.

	Not at all	Some of the time	A lot of the time	Most of the time
1. I found it hard to wind down.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I was aware of dryness of my mouth.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I couldn't seem to experience any positive feeling at all.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I experienced breathing difficulty (e.g., excessively rapid breathing or breathlessness in the absence of physical exertion).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I found it difficult to work up the initiative to do things.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I tended to over-react to situations.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I experienced trembling (e.g., in the hands).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I felt that I was using a lot of nervous energy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I was worried about situations in which I might panic and make a fool of myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I felt that I had nothing to look forward to.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. I found myself getting agitated.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I found it difficult to relax.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. I felt down-hearted and blue.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. I was intolerant of anything that kept me from getting on with what I was doing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. I felt I was close to panic.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. I was unable to become enthusiastic about anything.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. I felt I wasn't worth much as a person.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. I felt that I was rather touchy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. I was aware of the	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

action of my heart in the
absence of physical
exertion (e.g., sense of
heart rate increase, heart
missing a beat).

20. I felt scared without any
good reason.

21. I felt that life was
meaningless.

1. Please think about how you've responded to others recently. After each question, please indicate how often you tend to react or behave in the stated manner. Please answer according to what really reflects your experience rather than what you think your experience should be.

	1 Almost never	2	3	4	5 Almost always
1. When people cry in front of me, I often don't feel anything at all.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Sometimes when people talk about their problems, I feel like I don't care.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I don't feel emotionally connected to people in pain.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I pay careful attention when other people talk to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I feel detached from others when they tell me their tales of woe.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. If I see someone going through a difficult time, I try to be caring toward that person.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I often tune out when people tell me about their troubles.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I like to be there for others in times of difficulty.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I notice when people are upset, even if they don't say anything.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. When I see someone feeling down, I feel like I can't relate to them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. Everyone feels down sometimes, it is part of being human.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. Sometimes I am cold to others when they are down and out.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. I tend to listen patiently when people tell me their problems.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. I don't concern myself with other people's problems.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. It's important to recognize that all people have weaknesses and no one's perfect.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

16. My heart goes out to people who are unhappy.

☐☐☐☐☐

17. Despite my differences with others, I know that everyone feels pain just like me.

☐☐☐☐☐

18. When others are feeling troubled, I usually let someone else attend to them.

☐☐☐☐☐

19. I don't think much about the concerns of others.

☐☐☐☐☐

20. Suffering is just a part of the common human experience.

☐☐☐☐☐

21. When people tell me about their problems, I try to keep a balanced perspective on the situation.

☐☐☐☐☐

22. I can't really connect with other people when they're suffering.

☐☐☐☐☐

23. I try to avoid people who are experiencing a lot of pain.

☐☐☐☐☐

24. When others feel sadness, I try to comfort them.

☐☐☐☐☐

1. For each of the following statements and/or questions, please indicate the point on the scale that you feel is most appropriate in describing how you've felt recently. For example if you feel you are at the midpoint of the scale, check the middle button.

Not a very happy person

A very happy person

In general, I consider myself:



2. .

Compared to most of my peers, I consider myself:

3. .

Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does this characterization describe you?

4. .

Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. To what extent does this characterization describe you?

1. People have a variety of ways of relating to their thoughts and feelings. Think about your experience recently. Provide an answer the for every statement as best you can. Please answer as honestly and spontaneously as possible. There are neither ‘right’ nor ‘wrong’ answers, nor ‘good’ or ‘bad’ responses. What is important to us is your own personal experience.

For each of the items below, rate how much each of these statements apply to you.

	Rarely	Occasionally	Fairly Often	Almost Always
It is easy for me to concentrate on what I am doing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am preoccupied by the future.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can tolerate emotional pain.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can accept things I cannot change.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can usually describe how I feel at the moment in considerable detail.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am easily distracted.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am preoccupied by the past.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It's easy for me to keep track of my thoughts and feelings.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I try to notice my thoughts without judging them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am able to accept the thoughts and feelings I have.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am able to focus on the present moment.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am able to pay close attention to one thing for a long period of time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

1. People often have difficulties after experiencing stressful or frustrating events. Please read the items below, and indicate how you have recently responded to stressful events in your life.

	Not at all	A little bit	Moderately	Quite a bit	Extremely
1. I avoided letting myself get upset when I thought about it or was reminded of it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I felt as if it hadn't happened or wasn't real.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I stayed away from reminders about it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I tried not to think about it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I was aware that I still had a lot of feelings about it, but I didn't deal with them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. My feelings about it were kind of numb.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I tried to remove it from my memory.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I tried not to talk about it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

1. People often feel uncomfortable about being kind or compassionate to themselves for various reasons. Please think about how you have been feeling recently, and indicate below how much you agree with each statement.

Don't agree at all

Completely agree

1. I worry that if I start to develop compassion for myself I will become dependent on it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I fear that if I become too compassionate to myself I will lose my self-criticism and my flaws will show.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I fear that if I develop compassion for myself, I will become someone I do not want to be.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I fear that if I am more self-compassionate I will become a weak person.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I fear that if I am too compassionate towards myself bad things will happen.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I fear that if I become kinder and less self-critical to myself then my standards will drop.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I fear that if I become too compassionate to myself others will reject me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I would rather not know what being "kind and compassionate to myself" feels like.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I fear that if I start to feel compassion and warmth for myself, I will feel overcome with a sense of loss or grief.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. When I try and feel kind and warm to myself I just feel kind of empty.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. I have never felt compassion for myself, so I would not know where to begin to develop these feelings.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I feel that I don't deserve to be kind and forgiving to myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. If I really think about being kind and gentle with myself it makes me sad.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

14. Getting by in life is
about being tough rather
than compassionate



15. I find it easier to be
critical towards myself
rather than compassionate.



Thank you so much for completing these questionnaires You are now finished! If you have any questions or concerns, please contact our office.

*** 1. Following completion of the program, you will receive another email with a link to complete the post-program survey, please include your email address for this reason:**

**List of scales and scoring instructions used in the MSC survey
(in the order in which they appear)**

1. Self-Compassion Scale - Short Form (SCS-SF; Raes, F., Pommier, Neff, & Van Gucht, 2011) This 12-item 5-point scale assesses levels of self-compassion.

To compute a total self-compassion score, first reverse score the negatively worded items (1, 4, 8, 9, 11, 12) so that 1 = 5, 2 = 4, 3 = 3, 4 = 2, 5 = 1 then compute a total mean.

2. Satisfaction with Life Scale (SWLS; Diener, Emmons, Larsen, & Griffin, 1985) is a 5-item 7-point scale that assesses global life satisfaction.

To compute a total life satisfaction score, calculate the mean of all 5 items.

3. Depression, Anxiety, and Stress Scale (DASS-21; Antony, Bieling, Cox, Enns & Swinson, 1998) This 21-item consists of three subscales measuring Depression, Anxiety and Stress.

To compute a total depression score, take the mean of (3, 5, 10, 13, 16, 17, 21)

To compute a total anxiety score, take the mean of (2, 4, 7, 9, 15, 19, 20)

To compute a total stress score, take the mean of (1, 6, 8, 11, 12, 14, 18)

4. Compassion for Others Scale (CS; Pommier, 2011). This 24 item 5-point scale measures compassion for others.

To compute a total compassion for others score, first reverse score the negatively worded items (1, 2, 3, 5, 7, 10, 12, 14, 18, 19, 22, 23) so that 1 = 5, 2 = 4, 3 = 3, 4 = 2, 5 = 1 then compute a total mean.

5. Subjective Happiness Scale (HAP; Lyubomirsky & Lepper, 1999). This 4 item 7-point scale measures the degree to which individuals feel happy.

To compute a total happiness score, first reverse score item #4 so that 1 = 7, 2 = 6, 3 = 5, 4 = 4, 5 = 3, 6 = 2, 7 = 1 then compute a total mean.

6. Cognitive and Affective Mindfulness Scale (CAMS-R; Feldman, Hayes, Kumar, Greeson & Laurenceau, 2006) is a 12-item 4-point measure of mindfulness.

To compute a total mindfulness score, first reverse score the negatively worded items (2, 6, 7) so that 1 = 4, 2 = 3, 3 = 2, 4 = 1 then compute a total mean.

7. Impact of Events Scale - Avoidance subscale (IES-R; Weiss & Marmar, 1997) is an 8-item 5-point self-report measure of the tendency to avoid thoughts and emotions about stressors.

To compute a total avoidance score, calculate the mean of all 8 items.

8. Fears of Compassion Scale - Self-Compassion subscale (FOCS; Gilbert, McEwan, Matos & Rivis, 2010) is a 15-item 4-point scale describing fears and difficulties in feeling compassion for oneself.

To compute a total fear of self-compassion score, calculate the mean of all 15 items.

MSC Standard Short Battery

1. Self-Compassion Scale - Short Form (SCS-SF).....	22
2. Satisfaction With Life Scale (SWLS)	23
3. Depression, Anxiety, and Stress Scale (DASS).....	24
4. Cognitive and Affective Mindfulness Scale (CAMS-R).....	25

1. Which course are you registered to attend?

- ☐ Mindfulness-Based Stress Reduction (MBSR)
- ☐ Mindful Self-Compassion (MSC)
- ☐ Compassion Cultivation Training (CCT)

***2. The survey will be anonymous. You will need to set and remember a code to allow us to compare your measures with a follow-up survey, in which you will perhaps decide to participate.**

Please choose a four-digit code, which you can easily remember.

3. Please give the date

4. Age

5. Sex

	Male	Female
Sex	<input type="radio"/>	<input type="radio"/>

6. Profession

7. Highest educational level

- ☐ High School
- ☐ College
- ☐ Graduate Degree

8. Annual income

	less than 30,000	30,000 - 60,000	60,000 - 90,000	above 90,000
Approximate income	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

9. Ethnic Background

	African American/Black	Asian/Southeast Asian	European American/White	Hispanic/Mexican American	Mixed ethnicity	Other
Ethnicity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

10. Did you have any meditation experience prior to taking this course?

- ☐ Yes
- ☐ No

11. If yes, how many years of meditation experience have you had prior to taking this course?

Number of years

12. Do you currently have a meditation practice?

☐ Yes

☐ No

13. Does your practice include some form of compassion meditation?

☐ Yes

☐ No

☐ I don't know

If yes, please specify

14. Have you ever taken a mindfulness or compassion-based program before?

☐ MBSR (Mindfulness-Based Stress Reduction)

☐ MSC (Mindful Self-Compassion)

☐ CCT (Compassion Cultivation Training)

☐ No

Other (please specify)

15. If yes, how many years ago (approximately) did you take the course?

1. Please think about how you've felt recently. After each question, please indicate how often you typically reacted or behaved in the stated manner. Please answer according to what really reflects your experience rather than what you think your experience should be.

	1 Almost never	2	3	4	5 Almost always
1. When I fail at something important to me I become consumed by feelings of inadequacy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I try to be understanding and patient towards those aspects of my personality I don't like.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. When something painful happens I try to take a balanced view of the situation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. When I'm feeling down, I tend to feel like most other people are probably happier than I am.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I try to see my failings as part of the human condition.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. When I'm going through a very hard time, I give myself the caring and tenderness I need.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. When something upsets me I try to keep my emotions in balance.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. When I fail at something that's important to me, I tend to feel alone in my failure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. When I'm feeling down I tend to obsess and fixate on everything that's wrong.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. I'm disapproving and judgmental about my own flaws and inadequacies.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I'm intolerant and impatient towards those aspects of my personality I don't like.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

1. Think about how you have felt about your life recently. Please be open and honest in your responding, and indicate to what extent you agree or disagree with each statement.

[illegible]

1. Please read each statement and select the response which indicates how much the statement applied to you over the past week. There are no right or wrong answers. Do not spend too much time on any one statement. This assessment is not intended to be a diagnosis. If you are concerned about your results in any way, please speak with a qualified health professional.

	Did not apply to me at all	Applied to me to some degree or for some of the time	Applied to me a considerable degree or for a good part of the time	Applied to me very much or most of the time
1. I found it hard to 'wind down'	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I couldn't seem to experience any positive feelings at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I found it difficult to work up the initiative to do things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I tended to over-react to situations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I felt that I was using a lot of nervous energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I felt that I had nothing to look forward to	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I found myself getting agitated	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I found it difficult to relax	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I felt down-hearted and blue	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I was intolerant of anything that kept me from getting on with what I was doing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. I was unable to become enthusiastic about anything	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I felt I wasn't worth much as a person	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. I felt that I was rather touchy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. I felt that life was meaningless	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

1. People have a variety of ways of relating to their thoughts and feelings. Think about your experience recently. Provide an answer the for every statement as best you can. Please answer as honestly and spontaneously as possible. There are neither 'right' nor 'wrong' answers, nor 'good' or 'bad' responses. What is important to us is your own personal experience.

For each of the items below, rate how much each of these statements apply to you.

	Rarely	Occasionally	Fairly Often	Almost Always
It is easy for me to concentrate on what I am doing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am preoccupied by the future.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can tolerate emotional pain.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can accept things I cannot change.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can usually describe how I feel at the moment in considerable detail.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am easily distracted.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am preoccupied by the past.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It's easy for me to keep track of my thoughts and feelings.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I try to notice my thoughts without judging them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am able to accept the thoughts and feelings I have.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am able to focus on the present moment.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am able to pay close attention to one thing for a long period of time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Thank you so much for completing these questionnaires You are now finished! If you have any questions or concerns, please contact our office.

*** 1. Following completion of the program, you will receive another email with a link to complete the post-program survey, please include your email address for this reason:**

List of scales and scoring instructions used in the MSC Short Assessment Battery
(in the order in which they appear)

1. Self-Compassion Scale - Short Form (SCS-SF; Raes, F., Pommier, Neff, & Van Gucht, 2011) This 12-item 5-point scale assesses levels of self-compassion.

To compute a total self-compassion score, first reverse score the negatively worded items (1, 4, 8, 9, 11, 12) so that 1 = 5, 2 = 4, 3 = 3, 4 = 2, 5 = 1 then compute a total mean.

2. Satisfaction with Life Scale (SWLS; Diener, Emmons, Larsen, & Griffin, 1985) is a 5-item 7-point scale that assesses global life satisfaction.

To compute a total life satisfaction score, calculate the mean of all 5 items.

3. Depression and Stress Subscales Scale (DASS-21; Antony, Bieling, Cox, Enns & Swinson, 1998) This 14-item scale consists of Depression and Stress subscales of the DASS-21.

To compute a total depression score, take the mean of (2, 3, 6, 9, 11, 12, 14)

To compute a total stress score, take the mean of (1, 6, 8, 11, 12, 14, 18)

4. Cognitive and Affective Mindfulness Scale (CAMS-R; Feldman, Hayes, Kumar, Greeson & Laurenceau, 2006) is a 12-item 4-point measure of mindfulness.

To compute a total mindfulness score, first reverse score the negatively worded items (2, 6, 7) so that 1 = 4, 2 = 3, 3 = 2, 4 = 1 then compute a total mean.

MSC Supplementary Measures

OTHER POSSIBLE SCALES TO INCLUDE IN THE TESTING OF MSC

Perfectionism

Almost Perfect Scale - Revised (Slaney, Rice, & Ashby, 2002)

The following items are designed to measure attitudes people have towards themselves, their performance, and towards others. There are no right or wrong answers. Please respond to all of the items. Use your first impression and do not spend too much time on individual items in responding. Using a pencil, please mark all of your responses on the computer answer sheet that is provided.

Respond to each of the items by using the scale below to describe your degree of agreement with each item. Write the number that best describes your degree of agreement after each statement.

Strongly Agree							Strongly Disagree
1	2	3	4	5	6	7	

1. I have high standards for my performance at work or at school.
2. I am an orderly person.
3. I often feel frustrated because I can't meet my goals.
4. Neatness is important to me.
5. If you don't expect much out of yourself you will never succeed.
6. My best just never seems to be good enough for me.
7. I think things should be put away in their place.
8. I have high expectations for myself.
9. I rarely live up to my high standards.
10. I like to always be organized and disciplined.
11. Doing my best never seems to be enough.
12. I set very high standards for myself.
13. I am never satisfied with my accomplishments.

14. I expect the best from myself.
15. I often worry about not measuring up to my own expectations.
16. My performance rarely measures up to my standards.
17. I am not satisfied even when I know I have done my best.
18. I am seldom able to meet my own high standards for performance.
19. I try to do my best at everything I do.
20. I am hardly ever satisfied with my performance.
21. I hardly ever feel that what I've done is good enough.
22. I have a strong need to strive for excellence.
23. I often feel disappointment after completing a task because I know I could have done better.

APSR Scoring

Order subscale (not typically used)

Sum items 2,4,7, & 10.

Standards subscale

Sum items 1,5,8,12,14,19, & 22.

Discrepancy subscale (maladaptive perfectionism)

Sum items 3,6,9,11,13,15,16,17,18,20,21,& 23.

Slaney, R. B., Rice, K. G., & Ashby, J. S. (2002). A programmatic approach to measuring perfectionism: The Almost Perfect Scales.

Connectedness

The Social Connectedness Scale (Lee & Robbins, 1995)

Write the number that best describes your degree of agreement to the left of each statement, on a scale of : 1 (strongly agree) to 6 (strongly disagree)

- _____ 1. I feel disconnected from the world around me.
- _____ 2. Even around people I know, I don't feel that I really belong.
- _____ 3. I feel so distant from other people.
- _____ 4. I have no sense of togetherness with my peers.
- _____ 5. I don't feel related to anyone.
- _____ 6. I catch myself losing all sense of connectedness with society.
- _____ 7. Even among my friends, there is no sense of brother/sisterhood.
- _____ 8. I don't feel I participate with anyone or any group.

To compute a total connectedness score, calculate the mean of all 8 items.

Lee, R. M., & Robbins, S. B. (1995). Measuring belongingness: The social connectedness and social assurance Scales. *Journal of Counseling Psychology*, 42, 232-241.

Rumination

Ruminative Responses Scale (Nolen-Hoeksema & Morrow, 1991)

People think and do many different things when they have experienced the loss of a close relationship. Please read each of the items below and indicate how often, within the past 2 weeks, you have thought or done each one. Please indicate what you generally have done, not what you think you should do.:

Almost never 1	Sometimes 2	Often 3	Almost always 4
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- _____ 1. Think about how alone you feel.
- _____ 2. Think, "I won't be able to do my job/work because I feel so badly"
- _____ 3. Think about your feelings of fatigue and achiness.
- _____ 4. I wish I could be as happy as others seem to be.
- _____ 5. Think about how hard it is to concentrate.
- _____ 6. Analyze recent events to try and understand why the relationship ended.
- _____ 7. Think about how you don't seem to feel anything anymore.
- _____ 8. Think, "Why can't I get going?"
- _____ 9. Think, "Why am I reacting this way?"
- _____ 10. Go away by yourself and think about why you feel this way?
- _____ 11. Write down what you are thinking about and analyze it.
- _____ 12. Think about the relationship, wishing it would not have ended.
- _____ 13. Think, "Why do I have problems other people don't have?"
- _____ 14. Think about how sad you feel.
- _____ 15. Think about all your shortcomings, failing, faults, mistakes.
- _____ 16. Think about how you don't feel up to doing anything.
- _____ 17. Analyze your personality to try to understand why he/she left you.

- _____ 18. Go someplace alone to think about your feelings.
- _____ 19. Think about how angry you are with yourself.
- _____ 20. Listen to sad music.
- _____ 21. Isolate yourself and think about the reasons why you feel sad.
- _____ 22. Try to understand yourself by focusing on your feelings.

To compute a total rumination score, take the mean of all 22 items

Nolen-Hoeksema, S. & Morrow, J. (1991). A prospective study of depression and posttraumatic stress symptoms after a natural disaster: The 1989 Loma Prieta earthquake. *Journal of Personality and Social Psychology*, 61, 115–121.

Adult Attachment

Experiences in Close Relationships Questionnaire - Revised (Fraley, Waller, & Brennan, 2000)

Strongly
Disagree

1

2

3

4

5

6

Strongly
Agree

7

1. I'm afraid that I will lose my partner's love.
2. I often worry that my partner will not want to stay with me.
3. I often worry that my partner doesn't really love me.
4. I worry that romantic partners won't care about me as much as I care about them.
5. I often wish that my partner's feelings for me were as strong as my feelings for him or her.
6. I worry a lot about my relationships.
7. When my partner is out of sight, I worry that he or she might become interested in someone else.
8. When I show my feelings for romantic partners, I'm afraid they will not feel the same about me.
9. I rarely worry about my partner leaving me.
10. My romantic partner makes me doubt myself.
11. I do not often worry about being abandoned.
12. I find that my partner(s) don't want to get as close as I would like.
13. Sometimes romantic partners change their feelings about me for no apparent reason.
14. My desire to be very close sometimes scares people away.
15. I'm afraid that once a romantic partner gets to know me, he or she won't like who I really am.
16. It makes me mad that I don't get the affection and support I need from my partner.
17. I worry that I won't measure up to other people.
18. My partner only seems to notice me when I'm angry.

19. I prefer not to show a partner how I feel deep down.
20. I feel comfortable sharing my private thoughts and feelings with my partner.
21. I find it difficult to allow myself to depend on romantic partners.
22. I am very comfortable being close to romantic partners.
23. I don't feel comfortable opening up to romantic partners.
24. I prefer not to be too close to romantic partners.
25. I get uncomfortable when a romantic partner wants to be very close.
26. I find it relatively easy to get close to my partner.
27. It's not difficult for me to get close to my partner.
28. I usually discuss my problems and concerns with my partner.
29. It helps to turn to my romantic partner in times of need.
30. I tell my partner just about everything.
31. I talk things over with my partner.
32. I am nervous when partners get too close to me.
33. I feel comfortable depending on romantic partners.
34. I find it easy to depend on romantic partners.
35. It's easy for me to be affectionate with my partner.
36. My partner really understands me and my needs.

To compute a total anxiety score, reverse score items 9 and 11 so that 1 = 7, 2 = 6, 3 = 5, 4 = 4, 5 = 3, 6 = 2, 7 = 1 then compute a total mean of items 1-18. To compute a total avoidance score, reverse score items 20, 22, 26, 27, 28, 29, 30, 31, 33, 34, 35, and 36 then compute a total mean of items 19-36. Note that items should be given in random order when used in research.

Fraley, R. C., Waller, N. G., & Brennan, K. A. (2000). An item-response theory analysis of self-report measures of adult attachment. *Journal of Personality and Social Psychology*, 78, 350-365.

Shame, Guilt and Blame

Test of Self-Conscious Affect, Version 3

Below are situations that people are likely to encounter in day-to-day life, followed by several common reactions to those situations. As you read each scenario, try to imagine yourself in that situation. Then indicate how likely you would be to react in each of the ways described. We ask you to rate *all* responses because people may feel or react more than one way to the same situation, or they may react different ways at different times.

Please rate how likely you would be to respond to each scenario in the stated manner on a scale of 1 (not likely) to 5 (very likely).

Please rate A, B, and C for each scenario. Do not skip any items.

1. You make plans to meet a friend for lunch. At five o'clock, you realize you have stood your friend up.

_____ A. You would think, "I'm inconsiderate."

_____ B. You'd think you should make it up to your friend as soon as possible.

_____ C. You would think, "My boss distracted me just before lunch."

2. You break something at work and then hide it.

_____ A. You would think, "This is making me anxious. I need to either fix it or get someone else to."

_____ B. You would think about quitting.

_____ C. You would think, "A lot of things aren't made very well these days."

3. At work, you wait until the last minute to plan a project, and it turns out badly.

_____ A. You would feel incompetent.

_____ B. You would think, "There are never enough hours in the day."

_____ C. You would feel, "I deserve to be reprimanded for mismanaging the project."

4. You make a mistake at work and find out a co-worker is blamed for the error.

_____ A. You would think the company did not like the co-worker.

_____ B. You would keep quiet and avoid the co-worker.

_____ C. You would feel unhappy and eager to correct the situation.

5. While playing around, you throw a ball, and it hits your friend in the face.

_____ A. You would feel inadequate that you can't even throw a ball.

_____ B. You would think maybe your friend needs more practice at catching.

_____ C. You would apologize and make sure your friend feels better.

6. You are driving down the road, and you hit a small animal.

_____ A. You would think the animal shouldn't have been on the road.

_____ B. You would think, "I'm terrible."

_____ C. You'd feel bad you hadn't been more alert [while] driving down the road.

7. You walk out of an exam thinking you did extremely well; then you find out you did poorly.

_____ A. You would think, "The instructor doesn't like me."

_____ B. You would think, "I should have studied harder."

_____ C. You would feel stupid.

8. While out with a group of friends, you make fun of a friend who's not there.

_____ A. You would feel small . . . like a rat.

_____ B. You would think that perhaps that friend should have been there to defend himself/herself.

_____ C. You would apologize and talk about that person's good points.

9. You make a big mistake on an important project at work. People were depending on you, and your boss criticizes you.

_____A. You would think your boss should have been more clear about what was expected of you.

_____B. You would feel as though you want to hide.

_____C. You would think, "I should have recognized the problem and done a better job."

10. You are taking care of your friend's dog while she is on vacation and the dog runs away.

_____A. You would think, "I am irresponsible and incompetent."

_____B. You would think your friend must not take very good care of her dog or it wouldn't have run away.

_____C. You would vow to be more careful next time.

11. You attend your co-worker's housewarming party, and you spill red wine on a new cream-colored carpet, but you think no one notices.

_____A. You would stay late to help clean up the stain after the party.

_____B. You would wish you were anywhere but at the party.

_____C. You would wonder why your co-worker chose to serve red wine with the new light carpet.

For a total shame score, take the mean of 1a , 2b , 3a , 4b , 5a , 6b , 7c , 8a , 9b, 10a , 11b.

For a total guilt score, take the mean of 1b , 2a , 3c , 4c , 5c, 6c , 7b , 8c , 9c , 10c , 11a

For a total blaming others score, take the mean of 1c , 2c , 3b , 4a , 5b , 6a , 7a , 8b , 9a , 10b , 11c

Note that you can calculate shame-free guilt and guilt-free shame by using either regression or partial correlation!

Tangney, J. P., Dearing, R., Wagner, P. E., & Gramzow, R. (2000). The Test of Self-Conscious Affect 3 (TOSCA-3). George Mason University, Fairfax, VA.