

## Study 1

### **Self-compassion**

Please read each statement carefully before answering and indicate how often you behave in the stated manner.

1 (Almost never)      2      3      4      5 (Almost always)

When I fail at something important to me I become consumed by feelings of inadequacy.  
I try to be understanding and patient towards those aspects of my personality I don't like.  
When something painful happens I try to take a balanced view of the situation.  
When I'm feeling down, I tend to feel like most other people are probably happier than I am.  
I try to see my failings as part of the human condition.  
When I'm going through a very hard time, I give myself the caring and tenderness I need.  
When something upsets me I try to keep my emotions in balance.  
When I fail at something that's important to me, I tend to feel alone in my failure  
When I'm feeling down I tend to obsess and fixate on everything that's wrong.  
When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.  
I'm disapproving and judgmental about my own flaws and inadequacies.  
I'm intolerant and impatient towards those aspects of my personality I don't like.

### **Self-esteem**

Please indicate how true or not true the following statement is of you.  
I have high self-esteem. 1(not very true of me) 2 3 4 5 (very true of me)

### **Authenticity**

Please indicate the extent to which each of the following statements describes you using the scale that appears below. Please be open and honest in your responding--these are very subjective questions and there are no right or wrong answers.

1 (completely disagree) 2 3 4 5 6 7 (completely agree)

Generally, I can be myself with others.  
I feel artificial in my interactions with others.  
I change myself to get along with others.  
My behavior around others is an expression of my true inner feelings, attitudes, and beliefs

## Study 2

Please read each of the following statement and indicate how true each statements are from 1 (not at all true) to 5 (completely true)

### **Self-compassion**

Today, I felt compassionate towards myself

Today, I showed caring, understanding, and kindness towards myself

Today, I felt separate and cut off from the rest of the world

### **Self-esteem**

Today, I had high self-esteem

Today, I felt like a worthy person

### **Authenticity**

Today, I felt authentic and genuine in my interaction with others

Today, I didn't change myself to get along with others

### Study 3

Please think about a personal weakness that made you feel bad about yourself; provide details regarding what led up to the event, who was present, precisely what happened, and how you felt and behaved at the time.

#### **Self-compassion condition**

Imagine that you are talking to yourself about this weakness from a compassionate and understanding perspective. What would you say?

#### **Self-esteem condition**

Imagine that you are talking to yourself about this weakness from a perspective of validating your positive (rather than negative) qualities. What would you say?

#### **Control condition**

No writing

#### **Manipulation check**

How much do the follow statements describe your feelings right now?

1 (not at all) 2 3 4 5 (a lot)

I am being understanding toward myself

I am treating myself with caring and kindness

I am trying to take a balanced view of things

I see my weakness as part of being human

#### **Authenticity**

How much do the follow statements describe how you feel right now?

1 (not at all) 2 3 4 5 (a lot)

I feel it is easy to express my true attitudes and feelings

I feel I am artificial in my interactions with others

I feel like I will change myself to get along with others

I feel like I can be myself with others

I don't know how I really feel inside.

I feel as if I don't know myself very well.

I feel out of touch with the 'real me.'

I feel alienated from myself.

I am my true self.

I feel authentic in the way I act.

I feel like I am really being me.

## Study 4

### **Self-compassion**

Please indicate the extent to which each of the following statements describes how you typically act towards yourself in difficult times.

1 (strongly disagree) 2 3 4 5 6 7 (strongly agree)

When I fail at something important to me I become consumed by feelings of inadequacy.  
I try to be understanding and patient towards those aspects of my personality I don't like.  
When something painful happens I try to take a balanced view of the situation.  
When I'm feeling down, I tend to feel like most other people are probably happier than I am.  
I try to see my failings as part of the human condition.  
When I'm going through a very hard time, I give myself the caring and tenderness I need.  
When something upsets me I try to keep my emotions in balance.  
When I fail at something that's important to me, I tend to feel alone in my failure.  
When I'm feeling down I tend to obsess and fixate on everything that's wrong.  
When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.  
I'm disapproving and judgmental about my own flaws and inadequacies.  
I'm intolerant and impatient towards those aspects of my personality I don't like.

### **Self-esteem**

Below is a list of statements dealing with your general feelings about yourself. Please indicate how much you agree/disagree with each statement.

1 (strongly disagree) 2 3 4 5 6 7 (strongly agree)

On the whole, I am satisfied with myself.  
At times, I think I am no good at all.  
I feel that I have a number of good qualities.  
I am able to do things as well as most other people.  
I feel I do not have much to be proud of.  
I certainly feel useless at times.  
I feel that I'm a person of worth, at least on an equal plane with others.  
I wish I could have more respect for myself.  
All in all, I am inclined to feel that I am a failure.  
I take a positive attitude toward myself.

## **Fear of negative evaluation**

Please read the following statements carefully and indicate how much you agree/disagree with each statement.

1 (strongly disagree) 2 3 4 5 6 7 (strongly agree)

I worry about what other people will think of me even when I know it doesn't make any difference.

I am unconcerned even if I know people are forming an unfavorable impression of me.

I am frequently afraid of other people noticing my shortcomings.

I rarely worry about what kind of impression I am making on someone.

I am afraid others will not approve of me.

I am afraid that people will find fault with me.

Other people's opinions of me do not bother me.

When I am talking to someone, I worry about what they may be thinking about me.

I am usually worried about what kind of impression I make.

If I know someone is judging me, it has little effect on me.

Sometimes I think I am too concerned with what other people think of me.

I often worry that I will say or do the wrong things.

## **Shame**

In this questionnaire you will read about situations that people are likely to encounter in day-to-day life, followed by common reactions to those situations. As you read each scenario, try to imagine yourself in that situation. Then indicate the likelihood that you would react in the way described.

1 (very unlikely) 2 3 4 5 6 7 (very likely)

You rip an article out of a journal in the library and take it with you. Your teacher discovers what you did and tells the librarian and your entire class. What is the likelihood that this would make you feel like a bad person?

You give a bad presentation at work. Afterwards your boss tells your coworkers it was your fault that your company lost the contract. What is the likelihood that you would feel incompetent?

You successfully exaggerate your damages in a lawsuit. Months later, your lies are discovered and you are charged with perjury. What is the likelihood that you would think you are a despicable human being?

You make a mistake at work and find out a coworker is blamed for the error. Later, your coworker confronts you about your mistake. What is the likelihood that you would feel like a coward?

After making a big mistake on an important project at work in which people were depending on you, your boss criticizes you in front of your coworkers. What is the likelihood that you would feign sickness and leave work?

A friend tells you that you boast a great deal. What is the likelihood that you would stop spending time with that friend?

Your home is very messy and unexpected guests knock on your door and invite themselves in. What is the likelihood that you would avoid the guests until they leave?

You take office supplies home for personal use and are caught by your boss. What is the likelihood that this would lead you to quit your job?

## **Optimism**

Below is a list of statements dealing with your general feelings about yourself. Please indicate how much you agree/disagree with each statement.

1 (strongly disagree) 2 3 4 5 6 7 (strongly agree)

In uncertain times, I usually expect the best.

If something can go wrong for me, it will.

I'm always optimistic about my future.

I hardly ever expect things to go my way.

I rarely count on good things happening to me.

Overall, I expect more good things to happen to me than bad.

### **Authenticity**

Below is a list of statements dealing with your general feelings about yourself. Please indicate how much you agree/disagree with each statement.

1 (strongly disagree) 2 3 4 5 6 7 (strongly agree)

I feel it is easy to express my true attitudes and feelings

I feel I am artificial in my interactions with others

I feel like I will change myself to get along with others

I feel like I can be myself with others

I don't know how I really feel inside.

I feel as if I don't know myself very well.

I feel out of touch with the 'real me.'

I feel alienated from myself.

I am my true self.

I feel authentic in the way I act.

I feel like I am really being me.

### **Study 5**

Study 5 used the exact same measure as Study 4.