

Negative Self-Compassion Beliefs Scale

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Instructions

Present all 10 items in **fully randomized order** with the following **5-point Likert scale**: (1) Strongly Disagree – (5) Strongly agree. Scores are averaged to form composite scale scores. There is no reverse-scoring.

Negative Self-Compassion Beliefs Scale

1. I'll take less responsibility for my shortcomings if I don't constantly criticize myself.
2. I will become complacent if I accept my imperfections completely.
3. I'm more likely to be "too easy" on myself if I'm kind towards myself.
4. If I'm completely accepting of my flaws, I may stop taking responsibility for them.
5. When I'm kind to myself, I'll behave more self-indulgently.
6. I'll be less likely to work on changing my flaws if I accept myself completely
7. Being kind to myself can lead me to avoid taking responsibility for my actions.
8. Self-acceptance can lead to apathy or indifference.
9. If I'm kind towards my flaws, I won't have the discipline needed to succeed.
10. When I'm understanding of my mistakes, I'm less likely to fix them.