



Self-Compassion Audit

Rate each statement from 1 (Almost Never) to 5 (Almost Always). Circle or mark your response.

Statement	1	2	3	4	5
I speak to myself kindly when I make a mistake.					
I avoid harsh self-criticism.					
I allow myself to be imperfect without shame.					
I allow myself to feel difficult emotions.					
I remind myself that suffering is part of being human.					
I avoid comparing my struggles to others.					
I prioritize rest when overwhelmed.					
I set boundaries to protect my energy.					
I engage in grounding or self-soothing practices.					
I give myself permission to slow down when needed.					

Scoring Key

Add your total score (10–50): _____

10–24 = Low Self-Compassion (Focus Area)

25–37 = Moderate Self-Compassion (Growth Zone)

38–50 = Strong Self-Compassion (Strength)

My Self-Compassion Affirmation:

Better Thoughts Therapy | Self-Compassion Skills Series