

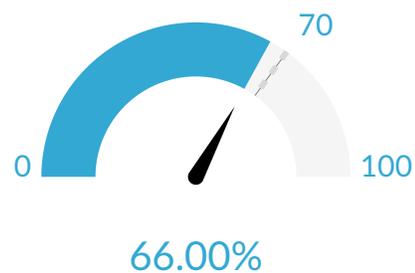
Road Runner Self-Compassion Report

Created by SOAR Community Network
using Dr. Kristin Neff's Self Compassion Scale
05-Apr-2021

Average overall self-compassion scores tend to be around 50%, so you can interpret your overall score accordingly. As a rough guide, a score of 20% - 50% for your overall self-compassion score indicates you are low in self-compassion, 50% - 70% indicates you are moderate, and 70% - 100 means you are high.

Self-Compassion Category Score Medium

Dr. Kristin Neff's conceptualization of self-compassion is drawn primarily from writings of Buddhist teachers in the Insight tradition. From this point of view, self-compassion simply represents compassion turned inward and refers to how we relate to ourselves in instances of perceived failure, inadequacy, or personal suffering. As I define it, self-compassion entails three main components, each of which has a positive and negative pole that represents compassionate versus uncompassionate behavior: self-kindness versus self-judgment, a sense of common humanity versus isolation, and mindfulness versus over-identification. These various components, in combination, represent a self-compassionate frame of mind.



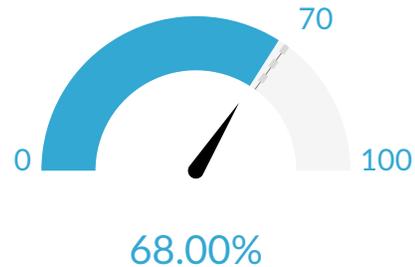
Self-kindness vs. Self-judgment

Self-compassion entails being warm and understanding toward ourselves when we suffer, fail, or feel inadequate, rather than ignoring our pain or flagellating ourselves with self-criticism. Self-compassionate people recognize that being imperfect, failing, and experiencing life difficulties is inevitable, so they tend to be gentle with themselves when confronted with painful experiences rather than getting angry when life falls short of set ideals. People cannot always be or get exactly what they want. When this reality is denied or fought against, suffering increases in the form of stress, frustration and self-criticism. When this reality is accepted with sympathy and kindness, greater emotional equanimity is experienced.

Self-Kindness Category Score
High



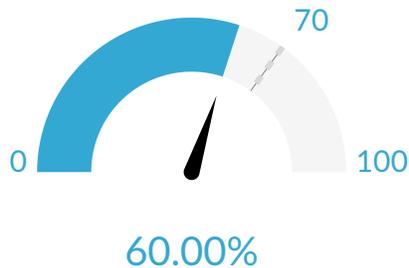
Self-Judgment Category Score
Medium



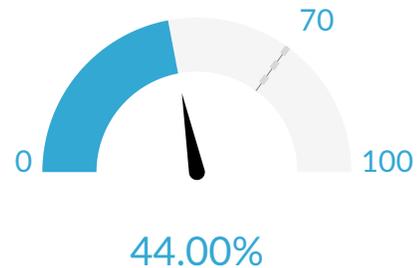
Common humanity vs. Isolation

Frustration at not having things exactly as we want is often accompanied by an irrational but pervasive sense of isolation – as if “I” were the only person suffering or making mistakes. All humans suffer, however. The very definition of being “human” means that one is mortal, vulnerable and imperfect. Therefore, self-compassion involves recognizing that suffering and personal inadequacy is part of the shared human experience – something that we all go through rather than being something that happens to “me” alone.

Common Humanity Category Score
Medium



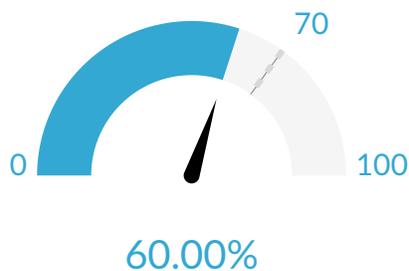
Isolation Category Score
Low



Mindfulness vs. Over-identification

Self-compassion also requires taking a balanced approach to our negative emotions so that feelings are neither suppressed nor exaggerated. This equilibrated stance stems from the process of relating personal experiences to those of others who are also suffering, thus putting our own situation into a larger perspective. It also stems from the willingness to observe our negative thoughts and emotions with openness and clarity, so that they are held in mindful awareness. Mindfulness is a non-judgmental, receptive mind state in which one observes thoughts and feelings as they are, without trying to suppress or deny them. We cannot ignore our pain and feel compassion for it at the same time. At the same time, mindfulness requires that we not be “over-identified” with thoughts and feelings, so that we are caught up and swept away by negative reactivity.

Mindfulness Category Score
Medium



Over-Identification Category Score
High

