



THE FORMS OF SELF-CRITICISING/ATTACKING & SELF-REASSURING SCALE (FSCRS)

When things go wrong in our lives or don't work out as we hoped, and we feel we could have done better, we sometimes have *negative and self-critical thoughts and feelings*. These may take the form of feeling worthless, useless or inferior etc. However, people can also try to be supportive of them selves. Below are a series of thoughts and feelings that people sometimes have. Read each statement carefully and circle the number that best describes how much each statement is true for you.

Please use the scale below.

Not at all like me 0	A little bit like me 1	Moderately like me 2	Quite a bit like me 3	Extremely like me 4
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When things go wrong for me:

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|-----|--|---|---|---|---|---|
| 1. | I am easily disappointed with myself. | 0 | 1 | 2 | 3 | 4 |
| 2. | There is a part of me that puts me down. | 0 | 1 | 2 | 3 | 4 |
| 3. | I am able to remind myself of positive things about myself. | 0 | 1 | 2 | 3 | 4 |
| 4. | I find it difficult to control my anger and frustration at myself. | 0 | 1 | 2 | 3 | 4 |
| 5. | I find it easy to forgive myself. | 0 | 1 | 2 | 3 | 4 |
| 6. | There is a part of me that feels I am not good enough. | 0 | 1 | 2 | 3 | 4 |
| 7. | I feel beaten down by my own self-critical thoughts. | 0 | 1 | 2 | 3 | 4 |
| 8. | I still like being me. | 0 | 1 | 2 | 3 | 4 |
| 9. | I have become so angry with myself that I want to hurt or injure myself. | 0 | 1 | 2 | 3 | 4 |
| 10. | I have a sense of disgust with myself. | 0 | 1 | 2 | 3 | 4 |
| 11. | I can still feel lovable and acceptable. | 0 | 1 | 2 | 3 | 4 |
| 12. | I stop caring about myself. | 0 | 1 | 2 | 3 | 4 |
| 13. | I find it easy to like myself. | 0 | 1 | 2 | 3 | 4 |
| 14. | I remember and dwell on my failings. | 0 | 1 | 2 | 3 | 4 |
| 15. | I call myself names. | 0 | 1 | 2 | 3 | 4 |



16.	I am gentle and supportive with myself.	0	1	2	3	4
17.	I can't accept failures and setbacks without feeling inadequate.	0	1	2	3	4
18.	I think I deserve my self-criticism.	0	1	2	3	4
19.	I am able to care and look after myself.	0	1	2	3	4
20.	There is a part of me that wants to get rid of the bits I don't like.	0	1	2	3	4
21.	I encourage myself for the future.	0	1	2	3	4
22.	I do not like being me.	0	1	2	3	4



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SCORING

1. is	I am easily disappointed with myself.	0	1	2	3	4
2. is	There is a part of me that puts me down.	0	1	2	3	4
3. rs	I am able to remind myself of positive things about myself.	0	1	2	3	4
4. is	I find it difficult to control my anger and frustration at myself.	0	1	2	3	4
5. rs	I find it easy to forgive myself.	0	1	2	3	4
6. is	There is a part of me that feels I am not good enough.	0	1	2	3	4
7. is	I feel beaten down by my own self-critical thoughts.	0	1	2	3	4
8. rs	I still like being me.	0	1	2	3	4
9. hs	I have become so angry with myself that I want to hurt or injure myself.	0	1	2	3	4
10. hs	I have a sense of disgust with myself.	0	1	2	3	4
11. rs	I can still feel lovable and acceptable.	0	1	2	3	4
12. hs	I stop caring about myself.	0	1	2	3	4
13. rs	I find it easy to like myself.	0	1	2	3	4
14. is	I remember and dwell on my failings.	0	1	2	3	4
15. hs	I call myself names.	0	1	2	3	4
16. rs	I am gentle and supportive with myself.	0	1	2	3	4
17. is	I can't accept failures and setbacks without feeling inadequate.	0	1	2	3	4
18. is	I think I deserve my self-criticism.	0	1	2	3	4
19. rs	I am able to care and look after myself.	0	1	2	3	4
20. is	There is a part of me that wants to get rid of the bits I don't like.	0	1	2	3	4
21. rs	I encourage myself for the future.	0	1	2	3	4
22. hs	I do not like being me.	0	1	2	3	4

KEY FOR SUBSCALES:

is = inadequate self,

rs = reassured self,

hs = hated self



DESCRIPTION

This scale was developed by Gilbert, Clarke, Hempel, Miles and Irons (2004). It was developed to measure self-criticism and the ability to self-reassure. It is a 22-item scale, which measures different ways people think and feel about themselves when things go wrong for them. The items make up three components, there are two forms of self-criticalness; inadequate self, which focuses on a sense of personal inadequacy ('I am easily disappointed with myself'), and hated self, this measures the desire to hurt or persecute the self ('I have become so angry with myself that I want to hurt or injury myself'), and one form to self-reassure, reassured self ('I am able to remind myself of positive things about myself'). The responses are given on a 5-point Likert scale (ranging from 0 = 'not at all like me', to 4 = 'extremely like me'). Cronbach alphas were .90 for inadequate self and .86 for hated self and reassured self respectively.

REFERENCE

Gilbert, P., Clark, M., Hempel, S., Miles, J.N.V. & Irons, C. (2004). Criticising and reassuring oneself: An exploration of forms, styles and reasons in female students. *British Journal of Clinical Psychology*, 43, 31-50.

It has been used in a number of other studies