

Fylgiskjöl

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Lífsánægjukvarði Dieners

Hversu sammála eða ósammála ert þú eftirfarandi fullyrðingum? Merktu í einn reit í hverjum lið.

	Algerlega sammála	Mjög sammála	Frekar sam- mála	Hvorki sammála né ósammál a	Frekar ósam- mála	Mjög ósam- mála	Alger- lega ósam- mála
a) Á flestum sviðum er líf mitt eins og best verður á kosið.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b) Almennt séð eru lífsaðstæður mínar mjög góðar.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c) Ég er ánægð/ur með líf mitt.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d) Fram til þessa hef ég náð fram flestum þeim markmiðum sem eru mér mikilvæg.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e) Ef ég gæti lifað lífi mínu aftur myndi ég nánast engu breyta.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Diener, E., Emmons, R. A., Larson, R. J. og Griffin, S. (1985). The Satisfaction with Life Scale. *Journal of Personality Assessment*, 49(1), bls. 71-75.

Gefin eru 7 stig fyrir svarið „Algerlega sammála“ og niður í 1 stig fyrir svarið „Algerlega ósammála“. Hæsta mögulega niðurstaða lífsánægjukvarðans er því 35 stig og lægsta mögulega niðurstaða eru 5 stig.

Fylgiskjal 2 Sjálfsvinsemdarkvarði Neff

How I typically act towards myself in difficult times

Please read each statement carefully before answering.

To the left of each item, indicate how often you behave in the stated manner, using the following scale:

Almost	Almost	never
	always 1	2

3

4

5 _____ 1. I'm disapproving and

judgmental about my own flaws and inadequacies.

_____ 2. When I'm feeling down I tend to obsess and fixate on everything that's wrong.

_____ 3. When things are going badly for me, I see the difficulties as part of life that everyone goes through.

_____ 4. When I think about my inadequacies, it tends to make me feel more separate and cut off from the rest of the world.

_____ 5. I try to be loving towards myself when I'm feeling emotional pain. _____ 6. When I fail at something important to me I become consumed by feelings of inadequacy.

_____ 7. When I'm down and out, I remind myself that there are lots of other people in the world feeling like I am.

_____ 8. When times are really difficult, I tend to be tough on myself.

_____ 9. When something upsets me I try to keep my emotions in balance. _____ 10. When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.

_____ 11. I'm intolerant and impatient towards those aspects of my personality I don't like.

_____ 12. When I'm going through a very hard time, I give myself the caring and tenderness I need.

_____ 13. When I'm feeling down, I tend to feel like most other people are probably happier than I am.

_____ 14. When something painful happens I try to take a balanced view of the situation.

_____ 15. I try to see my failings as part of the human condition.

_____ 16. When I see aspects of myself that I don't like, I get down on myself.

_____ 17. When I fail at something important to me I try to keep things in perspective.

_____ 18. When I'm really struggling, I tend to feel like other people must be having an easier time of it.

_____ 19. I'm kind to myself when I'm experiencing suffering.

_____ 20. When something upsets me I get carried away with my feelings. _____ 21. I can be a bit cold-hearted towards myself when I'm experiencing suffering.

_____ 22. When I'm feeling down I try to approach my feelings with curiosity and openness.

_____ 23. I'm tolerant of my own flaws and inadequacies.

_____ 24. When something painful happens I tend to blow the incident out of proportion.

_____ 25. When I fail at something that's important to me, I tend to feel alone in my failure.

_____ 26. I try to be understanding and patient towards those aspects of my personality I don't like.

Raes, F., Pommier, E., Neff, K. D., & Van Gucht, D. (2011). Construction and factorial validation of a short form of the Self-Compassion Scale. *Clinical Psychology & Psychotherapy*, 18, 250 – 255.