

Self-care Scale

Anabel Gonzalez, Dolores Mosquera, Jim Knipe, Andrew Leeds & Miguel Angel Santed, 2017

Your first and last name	Your age
Today's date	

The self-care scale focuses on the ways we tend to treat and take care of ourselves. This covers a variety of areas. Please read each item carefully and decide to what extent you agree with it, then draw a circle around the corresponding number, based on the scale below.

1	2	3	4	5	6	7
disagree very strongly	disagree strongly	disagree	neither agree nor disagree	agree	agree strongly	agree very strongly

You should mark your answers **based on your typical behavior, not on one particular period in your life**. Please do not skip any questions. If you are unsure about something, ask the diagnostician.

1 SD	When I feel bad, I do things that make me feel even worse	1	2	3	4	5	6	7
2 LT	Praise makes me feel uncomfortable	1	2	3	4	5	6	7
3 DH	I do not let others help me	1	2	3	4	5	6	7
4 R	I believe I am treated unfairly and I do not know why	1	2	3	4	5	6	7
5 NP	I do not take time for activities that are enjoyable or fun	1	2	3	4	5	6	7
6 LT	I do not trust people who say positive things about me	1	2	3	4	5	6	7
7 NN	Everything I do must be useful to others	1	2	3	4	5	6	7
8 SD	I always blame myself for everything	1	2	3	4	5	6	7
9 R	No one acknowledges how much I do for them	1	2	3	4	5	6	7
10 NN	The needs of others come before my own needs	1	2	3	4	5	6	7
11 DH	I am incapable of asking for help	1	2	3	4	5	6	7
12 SD	I behave self-destructively	1	2	3	4	5	6	7
13 R	Others should be there whenever I need them	1	2	3	4	5	6	7
14 NN	I can forgive anyone for anything they do to me	1	2	3	4	5	6	7
15 LT	It is easier for me to believe criticism than compliments	1	2	3	4	5	6	7
16 SD	I constantly criticize myself on the inside	1	2	3	4	5	6	7
17 DH	I keep my problems to myself	1	2	3	4	5	6	7
18 R	People are ungrateful	1	2	3	4	5	6	7
19 NN	I have a hard time standing up for my rights	1	2	3	4	5	6	7
20 LT	I feel more comfortable helping others than the other way around	1	2	3	4	5	6	7
21 NP	I do not have relationships that feel rewarding	1	2	3	4	5	6	7
22 NN	I allow people to invade my personal space	1	2	3	4	5	6	7
23 SD	I do things that I know are harmful for me	1	2	3	4	5	6	7
24 R	It bothers me when others do not respond to my needs immediately	1	2	3	4	5	6	7
25 NP	I do not exercise	1	2	3	4	5	6	7
26 NN	I am incapable of saying no	1	2	3	4	5	6	7
27 LT	I dismiss compliments by saying "not really" or something similar	1	2	3	4	5	6	7
28 SD	When I feel bad, I get angry at myself	1	2	3	4	5	6	7
29 DH	I cannot ask for what I need	1	2	3	4	5	6	7
30 NP	I do not know how to enjoy my free time	1	2	3	4	5	6	7
31 SD	I do not eat well	1	2	3	4	5	6	7

Self-care Scale scoring:

Three dimensions of an expanded concept of self-care form the foundation for the development of the Self-Care Scale. This extended concept of self-care includes three dimensions. The material dimension involves the capacity to search for good things, to seek positive experiences, and to try to meet one's own needs. The internal dimension involves the intrapsychic capacity of looking at oneself in both a positive way and at the same time, in a realistic way. Finally, the interpersonal dimension is related to seeking positive interactions with others to meet one's interpersonal needs for support and care. Some people growing up in adverse environments struggle to find positive interactions with others, and may even have problems in tolerating moments when they are offered shared positive affect and recognition (Leeds, 2015). When dealing with difficult life experiences, some people become extremely self-critical and are unable to search for and to accept help from others. Some individuals consistently fail to recognize and protect themselves from danger or from damaging interpersonal relationships or may even actively hurt themselves. A different, but related, maladaptive substitute action is the tendency to excessively take care of other people in ways that are not balanced with self-care.

Below factors of the Self-care Scaled are listed, based on the Spanish validation. There is no specific cut-off score to decide when the patient is scoring low on self-care. The further to the right the scoring (tending to 7), the worst is Self-care. Patients and clinicians can just glance at the overall pattern of scores to discern some global meaning. This information can help patients to understand their internal working model (how I take care of myself) and to connect this information with early attachment experiences and significant relationships (how others took care of me). The scale is also useful to obtain information about therapy outcomes.

Factor 1 consist of items 1, 8, 12, 16, 23, 28 and 31. These items measure the tendency to treat oneself badly. This factor has been called "**Self-destructive behavior**".

Factor 2 consists of items 3, 11, 17 and 29. These items evaluate difficulty in asking for help and letting others help you. This factor has been called "**Difficulty in receiving and asking for help**".

Factor 3 consists of items 4, 9, 13, 18 and 24. These items measure the expectation of receiving reciprocal care from others. This factor has been called "**Resentment about not receiving reciprocity**".

Factor 4 consists of items 5, 21, 25, and 30. These items evaluate the lack of positive activities. The factor has been called "**Absence of positive activities**".

Factor 5 consists of items 7, 10, 14, 19 and 26. These items measure the tendency to ignore one's own needs of care. This factor has been called "**Not taking into account one's own needs**".

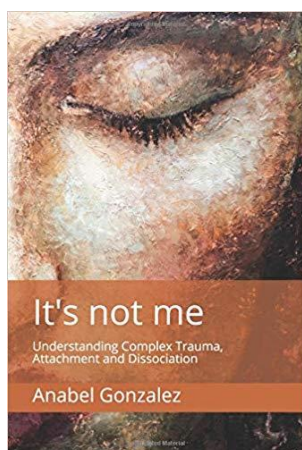
Factor 6 consist of items 2, 6, 15, 20 and 27. These items assess the ability to tolerate positive comments from other people. The factor has been called “**Lack of tolerance of shared positive affect**”.

Each numbered question has some letters related to the sub-scale of which it is a part.

There is also a global scoring of the scale.

Average score	Label	Category
	SD	Self-destructive behavior
	DH	Difficulty in receiving and asking for help
	R	Resentment about not receiving reciprocity
	NP	Absence of positive activities
	NN	Not taking into account one's own needs
	LT	Lack of tolerance of shared positive affect
	Global	Average of all items

If you want to read about the clinical use of this scale:



It's not me: Understanding Complex Trauma, Attachment and Dissociation

By Anabel Gonzalez

A guide for patients, families and therapists about the consequences of interpersonal traumatization

Problems in our most relevant relationships may affect our personality, our capacity for connecting to others, our self-care and our core beliefs.

A book to understand all these influences is key to change the way in wath we take care of ourselves

Available in [amazon.com](https://www.amazon.com)

www.anabelgonzalez.es