

Self-Connection Scale (SCS)

Please select the response below that best describes you:

Strongly Disagree	Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree	Strongly Agree
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1. I have a deep understanding of myself.
2. It is easy for me to identify and understand how I am feeling in any given moment.
3. I know myself well.
4. I am often surprised by how little I understand myself.
5. I try not to judge myself.
6. When I find out things about myself that I don't necessarily like, I try to accept those things.
7. Even when I don't like a feeling or belief that I have, I try to accept it as a part of myself.
8. I can easily forgive myself for mistakes I have made.
9. I find small ways to ensure that my life truly reflects the things that are important to me.
10. I spend time making sure that I am acting in a way that is a reflection of my true self.
11. I try to make sure that my actions are consistent with my values.
12. I try to make sure that my relationships with other people reflect my values.

Question #4 should be reverse-scored

Awareness = 1-4; Acceptance = 5-8; Alignment = 9-12