



THE
Compassionate Mind
FOUNDATION

SCALES WITH TRANSLATIONS

SCALE	TRANSLATION AVAILABLE
Adolescent Social Comparison Scale	
Adolescent Submissive Behaviour Scale	
Attitudes Towards Mental Health Problems	
Competitiveness and Caring Scale	
Confidentiality Scale	
Defeat Scale	Spanish
Early Life Events Scale	
Early Memories of Warmth and Safeness Scale	Czech
Entrapment Scale	
Fear of Happiness Scale	
Fear of Negative Emotions Scale	
Fears of Compassion Scale	Danish
Functions of Self-Criticising/Attacking Scale	Italian
Forms of Self-Criticising/Attacking and Self-Reassuring Scale	Spanish, Turkish, Urdu
Other As Shamer Scale	
Sensitivity to Put-Down Scale	Croatian
Social Comparison Scale	
Strive to Avoid Inferiority Scale	
Submissive Behaviour Scale	
Submissive Compassion Scale	
The Compassionate Engagement and Action Scale	Chinese, German
Three Types of Positive Affect Scale	