

## **Abstract**

The present study investigated how self-compassionate people react to interpersonal tensions. It was hypothesized that high self-compassionate people would adopt more engagement coping. Types of engagement coping strategies might depend on the interaction effects of extraversion and conscientiousness with self-compassion. An interval-contingent experience sampling method was adopted to examine the coping strategies under interpersonal tensions. Eighty-five university students were recruited as the participants of this study. Results indicated self-compassion positively correlated with engagement coping and extraversion interacted with self-compassion on problem-focused engagement coping and emotion-focused engagement coping. However, no significant moderating effect was found for conscientiousness on self-compassion and engagement coping. Explanation and implications were discussed.

*Keywords:* self-compassion, coping strategies, interpersonal tensions, personality, extraversion, conscientiousness, engagement coping