

Interpersonal Generosity

Instructions:

Read each of the following statements and rate your level of agreement about yourself in the past month:

1	2	3	4	5	6
Strongly Disagree	Disagree	Somewhat Disagree	Somewhat Agree	Agree	Strongly Agree

Rating

- _____ 1. When one of my loved ones needs my attention, I really try to slow down and give them the time and help they need.
- _____ 2. I am known by my family and friends as someone who makes time to pay attention to others' problems.
- _____ 3. I'm the kind of person who is willing to go the "extra mile" to help take care of my friends, relatives, and acquaintances.
- _____ 4. When friends or family members experience something upsetting or discouraging, I make a special point of being kind to them.
- _____ 5. When it comes to my personal relationships with others, I am a very generous person.
- _____ 6. It makes me very happy to give to other people in ways that meet their needs.
- _____ 7. It is just as important to me that other people around me are happy and thriving as it is that I am happy and thriving.
- _____ 8. My decisions are often based on concern for the welfare of others.
- _____ 9. I am usually willing to risk my own feelings being hurt in the process if I stand a chance of helping someone else in need.
- _____ 10. I make it a point to let my friends and family know how much I love and appreciate them.

Please calculate your total interpersonal generosity score. To do this, compute the mean of the scores above (add all scores and divide by ten).

Interpersonal Generosity Score: _____