

# Interpersonal Generosity

**Instructions:**

Carefully read each statement and rate how often you behave in that way ***NOW***, at the end of this program, and how often you would have or did behave ***BEFORE*** this program.

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

|   | <b><u>NOW</u></b> , at the end<br>of this program | <b><u>BEFORE</u></b> this<br>program |
|---|---|--------------------------------------|
| 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.                                    | _____   | _____                                |

Compute mean interpersonal generosity scores for each column (add all scores and divide by ten).

**NOW:** \_\_\_\_\_ **BEFORE:** \_\_\_\_\_