

Date: \_\_\_\_\_

## Self-Reflection Activity: Interpersonal Generosity

*Interpersonal generosity* is the expenditure of the self for the good of others. People who are *interpersonally generous* actively give personal resources like attention, emotions, and energy to others.

Think about your experiences **in the past 7 days**. Have you expended your personal resources like attention, emotions, and energy for the benefit of others? On a **scale from 1-10** (1 = strongly disagree, 10 = strongly agree), rate how much you agree with each of the following statements to identify your current thoughts, feelings, and behaviors related to *interpersonal generosity*.

### Rating

- \_\_\_\_\_ 1. When someone I love needed my attention, I slowed down to give them the time and help they needed.
- \_\_\_\_\_ 2. My family and friends knew that I would make time to pay attention to others' problems.
- \_\_\_\_\_ 3. I went the "extra mile" by taking care of friends, relatives, and/or acquaintances.
- \_\_\_\_\_ 4. When someone I know was upset or discouraged, I made a special point of being kind to them.
- \_\_\_\_\_ 5. When it came to my personal relationships with others, I was very generous.
- \_\_\_\_\_ 6. I felt happy because I gave to someone else to help meet their needs.
- \_\_\_\_\_ 7. I valued others' thriving just as much as my own.
- \_\_\_\_\_ 8. My decisions were often based on concern for the welfare of others.
- \_\_\_\_\_ 9. I was usually willing to risk my own feelings being hurt if I had the chance to help someone in need.
- \_\_\_\_\_ 10. I made it a point to let my friends and family know how much I love and appreciate them.

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### Digging Deeper

Based on your ratings above, how satisfied are you with how you show interpersonal generosity?

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How do you typically express interpersonal generosity in day-to-day life?

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Consider a past or current role model/mentor. What is admirable about the way they express interpersonal generosity?

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What are one or two small steps you might take to become more interpersonally generous?

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### The Extra Mile

If you feel up to the challenge, we invite you to tackle one of the following growth activities. These may take more time or push you out of your comfort zone, but meaningful engagement is a worthy investment. Good luck!

1. In a journal or on a separate piece of paper, write about a time this week that you *did not* show interpersonal generosity. What were some outcomes? Would you do anything differently next time?
2. Can you think of a friend who might benefit from a shoulder to lean on? Reach out to them via text, call, or in-person conversation. Move beyond a simple, "how are you?" and listen genuinely. Be careful not to pry if they do not want to share. If they *do* welcome your support, share your interpersonal resources to reaffirm their value.