

The following statements describe a large number of common situations. There are no right or wrong answers; the best answer is the immediate, spontaneous one. Read each phrase carefully and fill in the number that reflects your first reaction.

1	2	3	4	5
Never/Almost Never	Rarely	Occasionally	Often	Always/Almost Always
1. I am pleased to help my friends/colleagues in their activities.				1 2 3 4 5
2. I share the things that I have with my friends.				1 2 3 4 5
3. I try to help others.				1 2 3 4 5
4. I am available for volunteer activities to help those who are in need.				1 2 3 4 5
5. I am empathic with those who are in need.				1 2 3 4 5
6. I help immediately those who are in need.				1 2 3 4 5
7. I do what I can to help others avoid getting into trouble.				1 2 3 4 5
8. I intensely feel what others feel				1 2 3 4 5
9. I am willing to make my knowledge and abilities available to others				1 2 3 4 5
10. I try to console those who are sad.				1 2 3 4 5
11. I easily lend money or other things				1 2 3 4 5
12. I easily put myself in the shoes of those who are in discomfort				1 2 3 4 5
13. I try to be close to and take care of those who are in need				1 2 3 4 5
14. I easily share with friends any good opportunity that comes to me				1 2 3 4 5
15. I spend time with those friends who feel lonely				1 2 3 4 5
16. I immediately sense my friends' discomfort even when it is not directly communicated to me.				1 2 3 4 5