

The Love Scale Project
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Overview

In Spring 2004, Stephen Post asked us to develop a multi-item scale to measure what he called ten “manifestations of love” as expressed in four social contexts: with family, with friends, with neighbors and co-workers, and with humanity in general. After several months of construct refinement and item development, we fielded a survey of 407 candidate items to 339 undergraduate students at the University of Miami in Coral Gables, FL. Of this sample of 339 students, 130 (38%) were male and 209 (62%) were female. 174 identified themselves as “Caucasian,” 82 as “Latino,” 37 as “African-American,” 19 as “Asian-Pacific,” 4 as “Arabic or Persian,” 1 as “Chicano,” and 22 as “Other.” The response rate was excellent, with very little missing data.

Results

We used a combination of factor analysis and reliability analyses to develop five-item measures for each of the 40 dimensions that result from measuring each of the 10 manifestations of love in each of the 4 social contexts in which it can be measured. Internal consistency reliabilities (estimated using Cronbach’s *alpha*) were good to excellent, and all exceeded .70. In the end, we developed 40 scales consisting of five items each. We have provided the estimates of internal consistency for each scale (*alpha*) next to the name of the scale.

Deriving Scale Scores

For someone to determine his or her score on a scale, there are two necessary steps. First, one must determine which items need to be “reverse-scored.” Each of the 40 scales contains at least 2, and in some cases, 3, negatively worded items that must be “reverse-scored” in order to derive the total scale score. The use of reverse-scored items helps to prevent acquiescence bias—an important limitation to many self-report scales. The items that must be reverse scored are denoted below with the ® symbol. That is, for reverse scored items,

If a participant scores a ...	He/she should assign himself a score for that item of:
1	6
2	5
3	4
4	3
5	2
6	1

The second step in deriving a total score for each scale is to add the scores for individual items AFTER the reverse-scored items have been reverse-scored.

Interpretation of Scale Scores

To aid interpretation, we have provided quintile cut scores for each scale. The quintile scores are the scores that divide the sample into five equal sized groups of people. For example, the 20th percentile score indicates the scale score that one must obtain on any given scale to score more highly than 20% of the sample, the 40th percentile score indicates the raw score one must obtain to score more highly than 40% of the sample, et cetera. The percentile scores are very useful for helping people understand how high (or low) they scored on the scale relative to our development sample of 339 undergraduates at the University of Miami.

Ten Ways Scores

We also created ten “ways” scores for people who wished to know how they were doing overall in each of the ten ways of love (i.e., gratitude, attentiveness, compassion, helpfulness, loyalty, respect, creativity, humor, courage, and forgiveness). The percentile scores for these ten ways of love appear below:

Gratitude:

Percentiles:
 20th: 86
 40th: 94
 60th: 99
 80th: 105

Attentiveness

Percentiles:
 20th: 78
 40th: 86
 60th: 93
 80th: 99

Compassion:

Percentiles:
 20th: 73
 40th: 84
 60th: 91
 80th: 99

Helpfulness:

Percentiles:
 20th: 77
 40th: 87
 60th: 93
 80th: 100

Loyalty:

Percentiles:
 20th: 71
 40th: 79
 60th: 87
 80th: 94

Respect:

Percentiles:
 20th: 83

40th: 93
60th: 99
80th: 106

Creativity:

Percentiles:
20th: 73
40th: 83
60th: 92
80th: 99

Humor:

Percentiles:
20th: 84
40th: 95
60th: 100
80th: 107

Courage:

Percentiles:
20th: 76
40th: 84
60th: 91
80th: 99

Forgiveness:

Percentiles:
20th: 68
40th: 75
60th: 83
80th: 93

Total Love Scale Score

We also calculated a Total Love score, which was the sum of people's scores on all 40 scales. The mean for this score in the sample was 890. The standard deviation was 108.

The percentile scores for the Total Love Scale Score are as follows:

Percentiles:
20th: 793
40th: 869
60th: 917
80th: 972

Short Form Score

In order to encourage other investigators to use the Love Scale in research, we have also created a short form consisting of 40 items drawn from the 200 items that form the Love Scale. We selected a representative item from each of the 40 individual scales and then combined those 40 items into a single scale. The Short Form appears at the end of this document. The short form had an *alpha* reliability = .93. Its correlation with the Love Scale Total Score was $r(N = 313) = .97$. Thus, the short form and the long form are almost perfectly correlated, which means that conclusions drawn from using the 40-item short form would correspond almost exactly to conclusions one would draw by using the full 200-item long form.

The percentile scores for the Short Form Love Scale Score are as follows:

Percentiles:

20th: 159

40th: 175

60th: 185

80th: 196

Summary Comment: Why I Measure

Measurement is one of the most basic foundations of science. To conduct groundbreaking scientific research, scientists need good ideas, of course, but to test those ideas in the real world, they must also be able to measure the phenomena that interest them. In the field of biology, the development of the microscope was soon followed by tremendous advances in our understandings of illness and the workings of the cell. Scientific advances in many branches of astronomy are utterly dependent on scientists' ability to convince policymakers and philanthropists about the importance of investing in the latest telescope technology. And our understanding of earthquakes has improved markedly by seismologists' ability to measure the rumblings coming from deep within our planet.

Social and behavioral scientists are equally reliant on the development of measurement tools for their scientific work. When social scientists develop new tools to help them measure phenomena that interest them, scientific breakthroughs often are not far behind. The ability to measure psychological disorders properly is one of the long-standing preoccupations of psychiatrists and psychologists, and it has led to advances in our ability to detect and treat disorders such as depression and anxiety. The ability to detect the presence of specific emotions on the human face has led to new understandings of the universality of emotional expressions as well as our ability to detect when people are telling lies or telling the truth. Tools such as functional magnetic resonance imaging (fMRI), which give scientists the ability to measure activity in specific areas of the brain, has led to tremendous advances in our understanding of the neural systems that are involved in the production of basic human faculties such as speech, facial recognition, memory, and emotion. Developments in the measurement of personality over the last 20 years have led to surprising insights about the basic architecture of human personality, the genetic and environmental factors that shape personality, and the nature of personality change over the life course. The list of scientific insights that have followed closely behind innovations in measurement goes on and on.

I (Mike) became interested in measurement, quite frankly, as a matter of necessity. In graduate school I was interested in the concept of forgiveness, but found that the measures available for measuring how much an individual had forgiven a particular person who had harmed him or her were not well suited to my purposes. Therefore, I teamed up with several other researchers, including a researcher named Susan Wade Brown who had completed some preliminary work on this topic several years earlier, to further develop and refine some self-report questionnaire measures for assessing forgiveness. Many researchers are now using these measures in their own forgiveness research. Later, when I became interested in the concept of gratitude, I also recognized that scientists' ability to shed light on this interesting but understudied human emotion was being limited by the fact that no questionnaire measures were available to assess the levels of gratitude that people experienced in their daily lives. Therefore, Bob Emmons, Jo-Ann Tsang, and I set out to develop and refine some measures of what we call "the grateful disposition." These measures are now being widely used in gratitude research and, I'm happy to say, being used to reveal important insights about the role of gratitude in everyday life. I have developed other measures throughout the last ten years to measure a variety of concepts that have interested me. Without these measures, I would have been unable to do my work.

I am hopeful that the measure of love that Giacomo Bono and I developed for Stephen Post will have a similar effect on the scientific study of love. By developing this questionnaire measure, we hope that other researchers interested in questions about love—for example, questions related to the social, personality, and developmental

factors that lead to the production of love, the effects of love on relationships, health, and well-being, and the effectiveness of intervention programs to help children and adults develop the capacities to be more loving—will find this measurement tool to be useful.

One study in which we will soon be putting the measure to work is a long-term longitudinal study that is being conducted at Harvard University. The major purpose of the study is to shed light on the reasons why educational disparities often lead to disparities in physical health (which highly educated people enjoying better health than do people who acquire less education), but the researchers at Harvard—Drs. Steven Buka, Laurie Martin, and Eric Loucks—will be adding a short form of this love measure to their study so that they can also begin to explore some of the mysteries of love. My hope is that the measure will be valuable to them and other researchers in the future who want to explore some of these mysteries.

The Love Scale

(The item numbers below refer to each items' original position on the development questionnaire)

Using the scale provided, please circle the one number that best reflects your opinion about whether or not each statement below describes you or experiences that you have had. There are no correct answers, so please respond as honestly as possible to each one.

Gratitude-Family (alpha = .75)

1. I make a point of letting my family members know how much I appreciate them.
1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree
3. My loved ones would say that I'm quick to thank them when they do something kind for me.
1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree
4. I call and write my loved ones to thank them for things they have done for me.
1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree
9. I feel uncomfortable saying "thank you" to my family members.®
1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree
10. Because I have gotten where I am in life pretty much on my own, I don't think I owe my family anything. ®
1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

Percentiles:

- 20th: 21
- 40th: 24
- 60th: 26
- 80th: 28

Gratitude-Friends (alpha = .84)

11. I make it a point to let friends of mine know how much I appreciate them.
1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree
12. I'm grateful for the things my friends have done for me.
1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree
15. I would not be where I am in life if it were not for the support of my friends.
1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree
17. When I think about the good things my friends have done for me, there doesn't seem to be a lot to be grateful for.®
1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree
20. I feel like I owe my friends nothing when it comes to any of my accomplishments in life.®
1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

Percentiles:

- 20th: 21
- 40th: 23
- 60th: 25
- 80th: 27

Gratitude-Neighbors/Co-Workers (alpha = .84)

23. When I think about it, there are many people in my community to whom I should be grateful.
1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree
24. I try to say "thanks" when I am helped by neighbors or colleagues I do not know very well.
1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree
25. I see many things that people in my community do for which I am appreciative.
1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree
26. The people who live in my community almost never do anything that I'm thankful for.®
1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree
27. There's not much going on in my community to feel grateful about.®
1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

Percentiles:

20th: 1940th: 2360th: 2480th: 26**Gratitude-Humanity (alpha = .86)**

31. I appreciate the people who are working to make this world a better place.
1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree
32. When I hear about someone who has helped others, I feel appreciative that such people exist in the world.
1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree
34. I'm thankful to live in a world with people who care about the welfare of others.
1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree
37. There is not a lot happening in the world to feel grateful about.®
1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree
40. It's hard to feel thankful about good things that are happening in another part of the world.®
1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

Percentiles:

20th: 2240th: 2460th: 2680th: 28**Attentive Listening-Family (alpha = .86)**

42. I am careful to give my undivided attention to family members who are talking with me.
1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree
43. When one of my loved ones needs my attention, I really try to slow down and give them the time they need.
1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree
44. My loved ones know that if they have concerns, they can come to me and I'll give them the attention they

need.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

47. It's hard for me to slow down and listen when my family members need to talk to me.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

50. I sometimes fail to notice my family members' needs and concerns because I don't take time to pay attention.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

Percentiles:

20th: 21

40th: 24

60th: 25

80th: 28

Attentive Listening-Friends (alpha = .87)

51. I listen attentively when a friend needs to talk with me.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

53. When one of my friends needs my attention, I try to slow down and give them the time they need.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

55. My friends feel comfortable sharing their problems with me.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

57. It's hard for me to slow down and listen when my friends need to get my advice or share their feelings.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

58. My friends would probably agree that I'm not the world's best listener.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

Percentiles:

20th: 22

40th: 25

60th: 26

80th: 29

Attentive Listening-Neighbors/Co-Workers (alpha = .85)

61. People in the neighborhood or at work seek me out to talk about what is bothering them.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

62. My neighbors and co-workers know that they can come to me if they need to share their feelings with someone.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

64. I am known in my neighborhood or workplace as someone who makes time to pay attention to others' problems.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

68. I probably would not notice if a neighbor or co-worker had a problem that they wanted to discuss with me.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

70. Few, if any, of my co-workers or neighbors would come to me for advice or sympathy if they had a problem.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

Percentiles:

- 20th: 15
- 40th: 18
- 60th: 20
- 80th: 24

Attentive Listening-Humanity (alpha = .77)

73. I try to give people time and attention when they need to talk to somebody, even if it's a complete stranger.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

74. I try to really pay attention to problems that are going on in the world.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

76. I'm usually in such a rush that I can't take time to talk with strangers.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

79. Frankly, I don't have the time to try and understand problems occurring around the world.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

80. I'm so distracted by all of the things I have to do that I can't take time to understand the problems of strangers.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

Percentiles:

- 20th: 17
- 40th: 20
- 60th: 22
- 80th: 24

Compassion-Family (alpha = .85)

81. When someone in my family experiences something upsetting or discouraging I make a special point of being kind.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

83. I can't resist reaching out to help when one of my family members seems to be hurting or suffering.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

85. When my loved ones are having problems, I do all I can to help them.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

88. I'm probably a bit too preoccupied to be as compassionate as I could be with my family members.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

89. I don't give my family members the kind or quality of attention they need when they are feeling sad, lonely, or frustrated.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

Percentiles:

- 20th: 20
- 40th: 24
- 60th: 26
- 80th: 28

Compassion-Friends (alpha = .84)

91. When friends are sick, I make of point of paying them a visit.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

93. I drop everything to care for my friends when they are feeling sad, in pain, or lonely.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

96. When friends of mine are experiencing problems, I do everything I can to help them.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

99. I may be too busy with my own concerns to be as compassionate as I could be with my friends.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

100. I don't give my friends the amount of attention they need when they are feeling sad, lonely, or frustrated.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

Percentiles:

20th: 19

40th: 22

60th: 24

80th: 27

Compassion-Neighbors/Co-Workers (alpha = .83)

103. When neighbors and friends are ill, I make of point of paying them a visit.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

105. I drop everything to help my neighbors and co-workers when they are having problems.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

108. When people in my neighborhood or place of work are having problems, I do all I can to help them.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

109. Sometimes I notice myself being unsympathetic when co-workers or neighbors seem to be having problems.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

110. It's hard for me to feel sorry for people in my community or place of work who are struggling in life.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

Percentiles:

20th: 16

40th: 18

60th: 21

80th: 24

Compassion-Humanity (alpha = .81)

115. I frequently donate to charities that are working to ease the plight of the unfortunate around the world.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

117. I have often come to the aid of a stranger who seemed to be having difficulty.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

118. I do not hesitate to lend my support to causes around the world that seek to help people who are unfortunate.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

122. It's hard for me to feel compassion for complete strangers, even if they seem to be having problems.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

123. When I hear about people who are suffering in other parts of the world, my typical response is to ignore it.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

Percentiles:

20th: 16

40th: 19

60th: 22

80th: 24

Helpfulness-Family (alpha = .83)

125. When people in my family say they need something, I instantly think of ways I could help.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

128. I always go out of my way to help members of my family.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

129. It's not that personally important for me to be helpful to members of my family.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

131. I'm not really good at figuring out ways to help members of my family.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

133. It's not that rewarding to offer my time to help members of my family.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

Percentiles:

20th: 20

40th: 23

60th: 25

80th: 28

Helpfulness-Friends (alpha = .76)

137. I would donate bone marrow or a kidney if a friend needed it.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

138. It's personally important for me to be helpful to friends.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

139. I always go out of my way to help a friend.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

140. If a friend needed money, I would probably not loan it to them, even if I had it.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

141. I'm not really good at figuring out ways to help friends.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

Percentiles:

20th: 20

40th: 23

60th: 25

80th: 27**Helpfulness-Neighbors/Co-Workers** ($\alpha = .87$)

146. I take pleasure in doing favors for people in my neighborhood or at work.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

149. If a neighbor or co-worker needs help, I offer it.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

150. It's important for me to be helpful to neighbors or co-workers in some way.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

151. I seldom go out of my way to help a neighbor or co-worker.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

155. I don't find it very rewarding to offer my time to help neighbors or co-workers.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

Percentiles:

20th: 1840th: 2060th: 2280th: 25**Helpfulness-Humanity** ($\alpha = .74$)

157. Many of my efforts are motivated by my desire to help humanity in some way.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

159. I try to donate blood regularly.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

160. I think it's important for me to try to leave this world better than I found it.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

162. Donating money to charity is not, and probably never will be, a priority for me.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

165. It's not that rewarding to give things away to people I don't know.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

Percentiles:

20th: 1740th: 2060th: 2280th: 25**Loyalty-Family** ($\alpha = .80$)

168. I make sure that what's important to my family is important to me too.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

170. Members of my family know that they can always depend on me, rain or shine.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

171. My family can always count on me as if I were a “teammate.”

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

173. I think its no big deal to move away from family for greener pastures.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

174. I can think of lots of legitimate reasons for skipping chores or my family responsibilities.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

Percentiles:

20th: 19

40th: 22

60th: 24

80th: 26

Loyalty-Friends (alpha = .76)

177. Keeping my friends’ welfare in mind is important to me.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

180. Friends know that they can always depend on me, rain or shine.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

182. When friends have problems, I don’t really want to hear about it.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

183. If I stop going to a club, a gym or some other activity, I don’t worry about whether I’ll still have time for the friends I met there.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

186. I make myself available to help my friends mostly when it suits me.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

Percentiles:

20th: 19

40th: 22

60th: 24

80th: 26

Loyalty-Neighbors/Co-Workers (alpha = .87)

189. I am more concerned about how I could help a co-worker or neighbor than about how much effort it could cost me.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

190. Neighbors or co-workers can depend on me, rain or shine.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

191. People in my neighborhood or at work can always count on me like a “teammate.”

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

193. I mostly help co-workers or neighbors when it benefits me too.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

196. I make myself available to help my neighbors or co-workers mostly when it serves me.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

Percentiles:

20th: 16

40th: 18

60th: 20

80th: 23

Loyalty-Humanity (alpha = .78)

197. I try to make decisions about what to buy and how to spend my time according to what is good for humanity.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

198. I think of the human race as a team of which we are all members.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

199. I am more concerned about how I could benefit society than about how much effort the activity could cost me.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

205. I would not feel bad if I'm too busy to volunteer my time to organizations/activities that are good for society.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

206. I just don't feel much loyalty to people, especially ones I don't know.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

Percentiles:

20th: 15

40th: 18

60th: 20

80th: 23

Respect-Family (alpha = .84)

207. In discussions I make it a point to really listen to my family members' opinions.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

208. I believe that I always can gain something from considering the perspectives of my family members.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

210. I make it a point to acknowledge the efforts and aspirations of people in my family.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

211. Even when I don't get my way in family decisions, I let my family members know that I respect their rights to their own opinions.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

216. I don't think it's that important to let my family members know that I respect them.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

Percentiles:

20th: 20

40th: 24

60th: 25

80th: 27

Respect-Friends (alpha = .76)

218. I believe that I always can gain something from hearing a friend's perspective.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

219. I try to make my friends feel important.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

221. Regardless of a friend's origins, upbringing, or background, I try to communicate my respect for them.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

222. I have trouble seeing the value in a friend's opinion when it is very different from my own.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

226. I can get disrespectful when it comes to talking to friends about issues we disagree on.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

Percentiles:

20th: 20

40th: 23

60th: 25

80th: 27

Respect-Neighbors/Co-Workers (alpha = .87)

227. In discussions I make it a point to really listen to the opinions of my neighbors or co-workers.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

228. I believe that I always can gain something from hearing the perspective of my co-workers or neighbors.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

231. I try to communicate my respect for people at work or in my community, regardless of their origin, upbringing, or background.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

232. I don't see the value in the perspective of a neighbor or co-worker when it is so far from my own.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

236. It's not that important to treat people at work or in my community respectfully when we admittedly disagree on things.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

Percentiles:

20th: 19

40th: 23

60th: 25

80th: 26

Respect-Humanity (alpha = .76)

238. The world would be a better place if everyone tried to understand the point of view of other people.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

239. Every person has unique value.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

240. People should make it a point to acknowledge the efforts and aspirations of others around them.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

242. I don't see the value in other people's perspectives when they are far from my own.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

246. I can become somewhat disrespectful when talking with someone with whom I disagree.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

Percentiles:

20th: 21

40th: 24

60th: 25

80th: 28

Creativity-Family (alpha = .85)

248. I enjoy using my creative skills to help family with valuable projects.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

249. I think it's important to help family members develop skills so that they can be original.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

250. I'm good at finding matches between family members' abilities and potential opportunities for them.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

254. I don't help family members much when it comes to figuring out good solutions.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

256. I'm not good at helping family members figure out their strengths in life.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

Percentiles:

20th: 20

40th: 22

60th: 24

80th: 26

Creativity-Friends (alpha = .86)

258. I get pleasure out of using my creative skills to help friends with valuable projects.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

260. Motivating friends to seek out awe or motivating experiences is something that interests me.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

261. I keep a look out for books or movies that might contribute to a friend's personal growth.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

262. I don't spend much time helping friends develop their goals or ways to reach them.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

263. Coming up with ways for friends to create or find opportunities for themselves doesn't interest me.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

Percentiles:

20th: 19

40th: 21

60th: 24

80th: 25

Creativity-Neighbors/Co-Workers (alpha = .88)

267. Time does not matter when it comes to helping neighbors or people at work develop a creative idea.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

268. I like using my creative skills to help people at work or in the neighborhood with valuable projects.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

271. I keep an eye out for books or movies that might contribute to a neighbor or colleague's personal growth.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

274. I'm not very helpful to people at work or in my community when it comes to figuring out good solutions.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

275. Inspiring neighbors or co-workers to strive for important causes is not my strength.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

Percentiles:

20th: 15

40th: 17

60th: 20

80th: 23

Creativity-Humanity (alpha = .86)

279. I try to motivate people to nurture the important relationships in their lives.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

280. I encourage strong, positive attachments/relationships in life, whether it is with pets, crafts, or good causes.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

282. I am not interested in helping children develop goals and ways to reach them.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

283. Coming up with ways to create opportunities for other people doesn't interest me.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

284. Figuring out good solutions to help others is not particularly motivating for me.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

Percentiles:

20th: 20

40th: 23

60th: 25

80th: 27

Humor-Family (alpha = .90)

287. I'm good at making members of my family laugh when they need to relax.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

288. I use humor to try to give my family a fresh perspective and hope.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

289. I try to use humor to help family cope with problems in life.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

293. I do not use humor to help my family be more optimistic.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

295. I don't find much to laugh about when spending time around family.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

Percentiles:

20th: 21

40th: 25

60th: 26

80th: 29

Humor-Friends (alpha = .82)

298. I use humor to try to bring a fresh perspective and hope to friends of mine.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

300. I think it's healthy to find things to laugh over when spending time around friends.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

301. Sharing funny experiences with friends is uplifting.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

302. I don't try to make friends laugh when they are stressed out.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

306. Telling friends entertaining stories is not something I'm good at or interested in doing.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

Percentiles:

20th: 23

40th: 25

60th: 27

80th: 30

Humor-Neighbors/Co-Workers (alpha = .88)

307. I'm good at making neighbors or co-workers laugh when they need to relax.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

309. I try to use humor to help co-workers or neighbors cope with problems in life.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

311. Sharing amusing experiences with people at work or in my community is uplifting.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

312. I don't try to make neighbors or co-workers laugh when they are stressed out.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

313. I do not use humor as a way to help make people at work or in my neighborhood optimistic.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

Percentiles:

20th: 19

40th: 22

60th: 25

80th: 26

Humor-Humanity (alpha = .80)

318. I use humor to try to give people a fresh perspective and hope.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

319. I usually try to break the ice or improve the atmosphere with humor or comical stories.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

321. I always approach new people with a smile.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

323. I do not like to use humor when trying to make a point or motivate people.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

325. I don't tend to find much to laugh about around strangers.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

Percentiles:

20th: 19

40th: 22

60th: 25

80th: 26

Courage-Family (alpha = .87)

327. When my loved ones are doing something harmful or destructive, I encourage them to correct it.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

328. I am willing to confront my family members when they do something that is harmful to others.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

329. When you see a family member doing something that's harmful to others, it's important to raise the issue.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

334. I'm too timid to confront my loved ones when their behavior is hurting themselves or another person.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

336. I have given up trying to make my loved ones treat themselves and others with respect.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

Percentiles:

20th: 22

40th: 25

60th: 2680th: 29***Courage-Friends (alpha = .87)***

337. When my friends are doing something harmful or destructive, I encourage them to correct it.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

340. I am willing to confront a friend when I think he or she is mistreating others.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

343. It is pointless to confront friends who are doing things that are hurtful or destructive.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

344. I'm too timid to confront my friends when their behavior is hurting themselves or another person.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

345. I may be too accepting when my friends are engaging in unacceptable or destructive behavior.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

Percentiles:

20th: 2140th: 2460th: 2580th: 28***Courage-Neighbors/Co-Workers (alpha = .79)***

348. I have occasionally spoken to a neighbor or co-worker when I thought he or she was behaving wrongly.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

350. I have attended meetings at my place of work or in my community to speak out against unfair policies.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

351. I am willing to take personal risks in my neighborhood or place of work to insure that everyone is treated fairly.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

352. I mind my own business in my neighborhood and community, even when someone is behaving wrongly.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

354. I'm not the sort of person to attend a meeting to protest an unfair policy.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

Percentiles:

20th: 1540th: 1760th: 2080th: 23***Courage-Humanity (alpha = .82)***

357. I have supported social organizations that are devoted to correcting injustices in the world.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

358. I willingly get involved in causes to make the world a better place, even when it involves some risk to me.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

361. I have spoken out publicly (through protests, petitions, or direct action) against unfair practices in the world.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

364. The truth is that I'm probably a bit too timid to try to "change the world."[®]

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

365. I'm too involved in my life to risk making the world a better place.[®]

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

Percentiles:

20th: 15

40th: 18

60th: 21

80th: 24

Forgiveness-Family (alpha = .87)

367. I don't hold grudges when one of my family members does something that hurts me.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

368. I find it easy to forgive when someone in my family harms me.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

370. I try to set an example of forgiveness in my family.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

372. I have grudges against loved ones that I've held onto for months or years.[®]

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

374. It is not very easy to forgive when a family member hurts me.[®]

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

Percentiles:

20th: 16

40th: 19

60th: 22

80th: 25

Forgiveness-Friends (alpha = .82)

377. I never hang onto grudges when one of my friends does something that hurts me.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

379. I never let my anger simmer when a friend treats me unfairly.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

381. My friends would say that I am a forgiving person.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

384. It is not very easy to forgive when a friend hurts me.[®]

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

385. When a friend hurts my feelings, I act coldly toward him or her for quite a while.[®]

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

Percentiles:

20th: 14

40th: 17

60th: 19

80th: 22

Forgiveness-Neighbors/Co-Workers (alpha = .82)

388. When a co-worker or neighbor does something hurtful, I work hard to forgive.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

390. I never hold onto a grudge when a neighbor or co-worker hurts my feelings.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

391. I try to set an example of forgiveness in my community and place of work.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

393. When someone in my community hurts my feelings, sooner or later I will get even.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

396. My neighbors and co-workers would probably say that I'm a vindictive person.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

Percentiles:

20th: 17

40th: 20

60th: 22

80th: 24

Forgiveness-Humanity (alpha = .78)

400. I encourage people I know to view the conflicts around the world in a more forgiving way.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

401. Forgiveness should be a much bigger part of foreign relations.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

402. When our nation is attacked, revenge is the best way to solve the problem.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

403. We should do more to retaliate when endangered by a foreign foe.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

404. For the most part, it is impossible for nations to forgive their former enemies.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

Percentiles:

20th: 17

40th: 19

60th: 21

80th: 25

The Love Scale—Short Form

(The item numbers below refer to each item's original position on the development questionnaire)

Using the scale provided, please circle the one number that best reflects your opinion about whether or not each statement below describes you or experiences that you have had. There are no correct answers, so please respond as honestly as possible to each one.

1. I make a point of letting my family members know how much I appreciate them.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

15. I would not be where I am in life if it were not for the support of my friends.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

25. I see many things that people in my community do for which I am appreciative.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

32. When I hear about someone who has helped others, I feel appreciative that such people exist in the world.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

44. My loved ones know that if they have concerns, they can come to me and I'll give them the attention they need.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

53. When one of my friends needs my attention, I try to slow down and give them the time they need.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

62. My neighbors and co-workers know that they can come to me if they need to share their feelings with someone.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

74. I try to really pay attention to problems that are going on in the world.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

83. I can't resist reaching out to help when one of my family members seems to be hurting or suffering.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

93. I drop everything to care for my friends when they are feeling sad, in pain, or lonely.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

108. When people in my neighborhood or place of work are having problems, I do all I can to help them.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

118. I do not hesitate to lend my support to causes around the world that seek to help people who are unfortunate.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

128. I always go out of my way to help members of my family.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

138. It's personally important for me to be helpful to friends.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

149. If a neighbor or co-worker needs help, I offer it.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

160. I think it's important for me to try to leave this world better than I found it.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

171. My family can always count on me as if I were a "teammate."

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

180. Friends know that they can always depend on me, rain or shine.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

189. I am more concerned about how I could help a co-worker or neighbor than about how much effort it could cost me.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

199. I am more concerned about how I could benefit society than about how much effort the activity could cost me.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

208. I believe that I always can gain something from considering the perspectives of my family members.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

221. Regardless of a friend's origins, upbringing, or background, I try to communicate my respect for them.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

228. I believe that I always can gain something from hearing the perspective of my co-workers or neighbors.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

240. People should make it a point to acknowledge the efforts and aspirations of others around them.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

256. I'm not good at helping family members figure out their strengths in life.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

258. I get pleasure out of using my creative skills to help friends with valuable projects.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

267. Time does not matter when it comes to helping neighbors or people at work develop a creative idea.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

283. Coming up with ways to create opportunities for other people doesn't interest me.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

288. I use humor to try to give my family a fresh perspective and hope.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

301. Sharing funny experiences with friends is uplifting.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

312. I don't try to make neighbors or co-workers laugh when they are stressed out.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

319. I usually try to break the ice or improve the atmosphere with humor or comical stories.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

328. I am willing to confront my family members when they do something that is harmful to others.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

344. I'm too timid to confront my friends when their behavior is hurting themselves or another person.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

351. I am willing to take personal risks in my neighborhood or place of work to insure that everyone is treated fairly.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

357. I have supported social organizations that are devoted to correcting injustices in the world.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

374. It is not very easy to forgive when a family member hurts me.®

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

377. I never hang onto grudges when one of my friends does something that hurts me.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

391. I try to set an example of forgiveness in my community and place of work.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree

401. Forgiveness should be a much bigger part of foreign relations.

1=strongly disagree 2=disagree 3=slightly disagree 4=slightly agree 5=agree 6=strongly agree