

Compassionate Love Scale

1	2	3	4	5	6	7
Not at all true of me						Very true of me

- 1) When I see people I do not know feeling sad, I feel a need to reach out to them.
- 2) I spend a lot of time concerned about the well-being of humankind.
- 3) When I hear about someone (a stranger) going through a difficult time, I feel a great deal of compassion for him or her.
- 4) It is easy for me to feel the pain (and joy) experienced by others, even though I do not know them.
- 5) If I encounter a stranger who needs help, I would do almost anything I could to help him or her.
- 6) I feel considerable compassionate love for people from everywhere.
- 7) I would rather suffer myself than see someone else (a stranger) suffer.
- 8) If given the opportunity, I am willing to sacrifice in order to let the people from other places who are less fortunate achieve their goals.
- 9) I tend to feel compassion for people even though I do not know them.
- 10) One of the activities that provides me with the most meaning to my life is helping others in the world who need help.
- 11) I would rather engage in actions that help others, even though they are strangers, than engage in actions that would help me.
- 12) I often have tender feelings toward people (strangers) when they seem to be in need.
- 13) I feel a selfless caring for most of mankind.
- 14) I accept others whom I do not know even when they do things I think are wrong.
- 15) If a person (a stranger) is troubled, I usually feel extreme tenderness and caring.
- 16) I try to understand rather than judge people who are strangers to me.
- 17) I try to put myself in a stranger's shoes when he or she is in trouble.
- 18) I feel happy when I see that others (strangers) are happy.
- 19) Those whom I encounter through work and public life can assume that I will be there for them if they need me.
- 20) I want to spend time with people I don't know well so that I can help enrich their lives.
- 21) I very much wish to be kind and good to fellow human beings.

Scoring

An average score is calculated for all 21 items. Scoring is kept continuous.