**Instructions:** Using the scale below, circle the number beside each statement that indicates the extent to which you agree or disagree.

<table>
<thead>
<tr>
<th>Strongly Disagree</th>
<th>Slightly Disagree</th>
<th>Neither Agree nor Disagree</th>
<th>Slightly Agree</th>
<th>Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

1. I always place the needs of others above my own.  
2. I never find myself getting overly involved in others’ problems.  
3. For me to be happy, I need others to be happy.  
4. I worry about how other people get along without me when I am not there.  
5. I have great difficulty getting to sleep at night when other people are upset.  
6. It is impossible for me to satisfy my own needs when they interfere with the needs of others.  
7. I can’t say no when someone asks me for help.  
8. Even when exhausted, I will always help other people.  
9. I often worry about others’ problems.