

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

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