

How Much Compassionate Love do you Feel for... ? (The Compassion Love for Humanity Scale)

Instructions

Compassionate love is an attitude towards others, which contains feelings, thoughts and actions that are focused on caring, concern, tenderness and a tendency to want to support and understand others – especially when they are suffering or in need (Sprecher & Fehr, 2005: 630). This measure assesses the extent to you have compassionate love towards a specific close other. The ___ blanks can be replaced with ‘family and friends’, ‘other people’ or a name of any individual. State the extent to which each statement is reflective of you.

	Not at all True of Me	Not True of Me	Somewhat Untrue of Me	Neither True nor Untrue of Me	Somewhat True of Me	True of Me	Very True of Me
1. When I see ___ feeling sad, I feel a need to reach out to him/her.							
2. I spend a lot of time concerned about the well-being of ___.							
3. When I hear about ___ going through a difficult time, I feel a great deal of compassion for him or her.							
4. It is easy for me to feel pain (and joy) experienced by ___.							
5. If ___ needs help, I would do almost anything I could to help him or her out.							
6. I feel considerable compassionate love for ___.							
7. I would rather suffer myself than see ___ suffer.							
8. If given the opportunity, I am willing to sacrifice in order to let ___ achieve his/her goals.							
9. I tend to feel compassion for ___.							
10. One of the activities that provides me with the most meaning to my life is helping ___.							
11. I would rather engage in actions that help ___ than engage in activities that would help me.							
12. I often have tender feelings towards ___ when he or she seems to be in need.							
13. I feel a selfless caring for ___.							

14. I accept ___ even when he or she does things I think are wrong.							
15. If ___ is troubled, I usually feel extreme tenderness and caring.							
16. I try to understand rather than judge ___.							
17. I try to put myself in ___'s shoes when he or she is in trouble.							
18. I feel happy when I see that ___ is happy.							
19. ___ can assume that I will be there if he/she needs me.							
20. I want to spend time with ___ so that I can find ways to enrich his/her life.							
21. I very much wish to be kind and good to ___.							

Scoring

Not at all True of Me = 1, Not True of Me = 2, Somewhat Untrue of Me = 3, Neither True nor Untrue of Me = 4, Somewhat True of Me = 5, True of Me = 6, Very True of Me = 7

Average compassionate love score = Average items 1-21

Interpretation

Higher scores indicate higher compassionate love for the person(s) you have in mind. The average score for compassionate love towards family and friends is 5.96, the average for general others ('strangers/general humanity) is 4.96 while the average score for a specific close other is 5.92.

Reference

Sprecher, S., & Fehr, B. (2005). Compassionate love for close others and humanity. *Journal of Social and Personal Relationships*, 22(5), 629-651.