

COMPASSIONATE AND SELF-IMAGE GOALS SCALE

Researchers have our permission to use these measures in their research. For information about reliability and validity, see Crocker & Canevello, 2008, *Journal of Personality and Social Psychology*. If you have questions about how to use or think about the measures, feel free to contact us: Jennifer Crocker crocker.37@osu.edu or Amy Canevello acanevel@uncc.edu.

It is helpful to remember that people can have compassionate and self-image goals simultaneously; they are not opposite ends of a continuum. In addition, people can approach their most important goals with either a compassionate or a self-image goal orientation, or both. For example, when we asked a sample of incoming college freshmen about their most important academic goal for the semester, almost all of them mentioned a GPA they would like to receive. Yet, despite their shared overarching goal, these students differed in how much they had compassionate and self-image goals for academics. That is, people with compassionate and self-image goals don't necessarily care about or do different things; rather, they approach their important goals with different motivational perspectives on the relation between the self and others, and with different intentions toward others

FRIENDSHIP COMPASSIONATE AND SELF-IMAGE GOALS SCALE

COMPASSIONATE GOALS: items 1, 4, 5, 8, 10, 11, 12

SELF-IMAGE GOALS: items 2, 3, 6, 7, 9, 13

SCORING: Take the mean of items in each subscale.

ROOMMATE COMPASSIONATE AND SELF-IMAGE GOALS SCALE

COMPASSIONATE GOALS: items 1, 2, 4, 5, 6, 7, 9, 10, 13

SELF-IMAGE GOALS: items 3, 8, 11, 12, 14, 15, 16

SCORING: Take the mean of items in each subscale.

CITATION:

Crocker, J., & Canevello, A. (2008). Creating and undermining social support in communal relationships: The role of compassionate and self-image goals. *Journal of Personality and Social Psychology*, 95, 555-575.

FRIENDSHIP COMPASSIONATE AND SELF-IMAGE GOALS SCALE

In the past week, in the area of <i>friendships</i>, how much did you <i>want</i> or <i>try</i> to:		Not at All	A little	Somewhat	A lot	Extremely
1.	avoid doing things that aren't helpful to me or others	1	2	3	4	5
2.	avoid the possibility of being wrong	1	2	3	4	5
3.	get others to recognize or acknowledge your positive qualities	1	2	3	4	5
4.	avoid being selfish or self-centered	1	2	3	4	5
5.	have compassion for others' mistakes and weaknesses	1	2	3	4	5
6.	avoid being rejected by others	1	2	3	4	5
7.	avoid taking risks or making mistakes	1	2	3	4	5
8.	be constructive in your comments to others	1	2	3	4	5
9.	avoid showing your weaknesses	1	2	3	4	5
10.	avoid doing anything that would be harmful to others	1	2	3	4	5
11.	be supportive of others	1	2	3	4	5
12.	make a positive difference in someone else's life	1	2	3	4	5
13.	convince others that you are right	1	2	3	4	5

ROOMMATE COMPASSIONATE AND SELF-IMAGE GOALS SCALE

TODAY in my relationship with my roommate, I wanted / tried to . . .		Not at all	A little	Somewhat	A lot	Extremely
1.	Have compassion for my roommate's mistakes and weaknesses.	1	2	3	4	5
2.	Make a positive difference in my roommate's life.	1	2	3	4	5
3.	Avoid the possibility of being wrong.	1	2	3	4	5
4.	Be supportive of my roommate.	1	2	3	4	5
5.	Avoid neglecting my relationship with my roommate.	1	2	3	4	5
6.	Avoid being selfish or self-centered.	1	2	3	4	5
7.	Avoid doing things that aren't helpful to me or my roommate.	1	2	3	4	5
8.	Avoid showing my weaknesses.	1	2	3	4	5
9.	Be constructive in my comments to my roommate.	1	2	3	4	5
10.	Avoid doing anything that would be harmful to my roommate.	1	2	3	4	5
11.	Get my roommate to do things my way.	1	2	3	4	5
12.	Avoid being blamed or criticized.	1	2	3	4	5
13.	Be aware of the impact my behavior might have on my roommate's feelings.	1	2	3	4	5
14.	Demonstrate my intelligence.	1	2	3	4	5
15.	Convince my roommate that I am right.	1	2	3	4	5
16.	Avoid coming across as unintelligent or incompetent.	1	2	3	4	5