

Self-Image and Compassionate Goals Scale (Original)

思いやり目標と自己イメージ目標尺度 (日本語版)

Please think of one person (e.g., a friend, a girl/boyfriend, a sibling) who is important to you.

In your relationship with this person, how much do you want to or try to do the following?

あなたが一番大事にしている人（たとえば、親友、恋人、家族）を一人思い浮かべてください。あなたは、その人との関係の中で、どのくらい以下のことをしようと心がけていますか。

		Always とてもよく心がけている				Not at all 全く心がけていない
1.	Avoid being rejected by this person. 相手から拒絶されないようにする(*)	1	2	3	4	5
2.	Be constructive in your comments to this person. 助言をするときは、相手のためになるようよく考える(**)	1	2	3	4	5
3.	Get this person to notice your positive qualities. 自分の良いところを相手に気がついてもらえるようにする(**)	1	2	3	4	5
4.	Avoid doing anything that would be harmful to this person. 相手が傷つくようなことを避ける(**)	1	2	3	4	5
5.	Get this person to like you. 自分を好きになってもらう(**)	1	2	3	4	5
6.	Have compassion for this person's mistakes and weaknesses. 相手の間違いや弱さに思いやりの気持ちをもつ。	1	2	3	4	5
7.	Be supportive of this person. 相手の支えになる	1	2	3	4	5
8.	Convince this person that you are right. 自分が正しいことを相手に認めてもらう (**)	1	2	3	4	5
9.	Avoid being wrong. 間違いを避ける(*)	1	2	3	4	5
10.	Avoid showing your weaknesses. 自分の弱さを見せない	1	2	3	4	5

Note. (*)These items were later deleted from the scale after the confirmatory factor analyses with the Japanese adult sample.

(**) are items that also appear in the Revised Japanese Self-Image and Compassionate Goals Scale (Niiya, 2016).

Compassionate Goals = 2, 4, 6, 7; Self-Image Goals = (1), 3, 5, 8, (9), 10

References:

- Niiya, Y., Crocker, J., & Mischkowski, D. (2013). Compassionate and self-image goals in the U.S. and Japan. *Journal of Cross-Cultural Psychology, 44* (3), 389-405.
- Niiya, Y. (in press). Kairyoban omoiyari mokuhyo to jiko imeji mokuhyo shakudo no kaihatsu. [Development of compassionate and self-image goals scale in Japanese.] *Japanese Journal of Psychology*.