compassionate & self-image goals scale

beside each of the following statements, please tick the number to the right that best describes how you have been in your relationships in the last week or other agreed time period:

in the past week (or other agreed time period) in the area of relationships, how much did you want or try to:	not at all	a little	some-what	a lot	extre-mely
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

average self-image goal score (items 2, 3, 6, 7, 9, 13) =

average compassionate goal score (items 1, 4, 5, 8, 10, 11, 12) =

Crocker, J. & A. Canevello (2008). *"Creating and undermining social support in communal relationships: the role of compassionate and self-image goals."* J Pers Soc Psychol **95**(3): 555-75.

compassionate & self-image goals scale background

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 (grade point average) 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.

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        In 2 studies, the authors examined whether relationship goals predict change in social support and trust over time. In Study 1, a group of 199 college freshmen completed pretest and posttest measures of social support and interpersonal trust and completed 10 weekly reports of friendship goals and relationship experiences. Average compassionate goals predicted closeness, clear and connected feelings, and increased social support and trust over the semester; self-image goals attenuated these effects. Average self-image goals predicted conflict, loneliness, and afraid and confused feelings; compassionate goals attenuated these effects. Changes in weekly goals predicted changes in goal-related affect, closeness, loneliness, conflict, and beliefs about mutual and individualistic caring. In Study 2, a group of 65 room mate pairs completed 21 daily reports of their goals for their roommate relationship. Actors' average compassionate and self-image goals interacted to predict changes over 3 weeks in partners' reports of social support received from and given to actors; support that partners gave to actors, in turn, predicted changes in actors' perceived available support, indicating that people with compassionate goals create a supportive environment for themselves and others, but only if they do not have self-image goals.

        See too the *"Self and social motivation laboratory"* website at http://rcgd.isr.umich.edu/crockerlab