Helping Orientations Inventory

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Strongly Disagree   1   2   3   4   5   6   7   Strongly Agree

1. Teaching people to take care of themselves is good for society because it makes them independent.

2. Helping other people only makes them more needy in the future.

3. The goal of helping should be to make sure that people can eventually take care of their own needs.

4. Helping creates a weaker society because people will come to depend on others in times of hardship.

5. In general, solving other people's problems for them is bad for society because they come to expect it in the future.

6. I help others because I like solving other people's problems.

7. Teaching people to take care of themselves is bad for society because it makes them dependent.

8. Helping others now makes them better able to solve their own problems in the future.

9. The goal of helping should be to make sure that people have their immediate needs met.

10. Helping others now will only make them dependent on others to solve their problems in the future.

11. I help others so that they can learn to solve their own problems.

12. Helping is all about making people better able to fix their own problems.

13. In general, solving other people's problems for them is good for society because it helps meet immediate needs.

14. Helping can weaken society because it divides society into those who can help and those who need help.

15. I like to try to help people even if the issue might come up again.

16. I help others because they are unable to help themselves.

17. All people deserve help equally regardless of their personality and life circumstances.

18. I like to help individuals develop the skills and knowledge to help themselves.

19. I help others because I like taking care of people's problems.

20. Helping others makes them less able to solve their own problems.

21. Solving other people's problems for them makes their situation worse in the long run.

22. Helping others makes them better able to solve their own problems.

23. When helping people, equipping them with knowledge and skills is the most important thing.

24. Helping is all about fixing people's problems for them.

To compute scale scores, average the following items:

Autonomy: 1, 3, 8, 11, 12, 18, 22, 23
Dependency: 6, 9, 13, 15, 16, 17, 19, 24
Opposition to helping: 2, 4, 5, 7, 10, 14, 20, 21