

GBC

Instructions. Below is a list of specific behaviors or acts. Over the past two months, it is likely that you may have performed some of these behaviors. It is also likely that you have not performed many of them as well during this time. Please consider each behavior to determine whether or not you have performed the behavior during the past two months. If you have performed the behavior, please try to determine how many times you have performed it during the past two months. For each behavior, provide one of the following ratings:

Write a "0" in the blank before the behavior if you have not performed the behavior during the past two months.

Write a "1" in the blank if you have performed the behavior one time during the past two months.

Write a "2" in the blank if you have performed the behavior more than once during the past two months.

- ___ 1. Taught somebody a skill.
- ___ 2. Served as a role model for a young person.
- ___ 3. Won an award or contest.
- ___ 4. Went to see a movie or play.
- ___ 5. Gave money to a charity.
- ___ 6. Did volunteer work for a charity.
- ___ 7. Listened to a person tell me his or her personal problems.
- ___ 8. Purchased a new car or major appliance (e.g., dishwasher, television set).
- ___ 9. Taught Sunday School or provided similar religious instruction.
- ___ 10. Taught somebody about right and wrong, good and bad.
- ___ 11. Told somebody about my own childhood.
- ___ 12. Read a story to a child.
- ___ 13. Babysat for somebody else's children.
- ___ 14. Participated in an athletic sport.
- ___ 15. Gave clothing or personal belongings to a not-for-profit organization (such as the "Good Will," "Salvation Army," etc.).
- ___ 16. Was elected or promoted to a leadership position.
- ___ 17. Made a decision that influenced many people.
- ___ 18. Ate dinner at a restaurant.
- ___ 19. Produced a piece of art or craft (such as pottery, quilt, woodwork, painting, etc).
- ___ 20. Produced a plan for an organization or group outside my own family.

- ___21. Visited a nonrelative in a hospital or nursing home.
- ___22. Read a novel.
- ___23. Made something for somebody and then gave it to them.
- ___24. Drew upon my past experiences to help a person adjust to a situation.
- ___25. Picked up garbage or trash off the street or some other area that is not my property.
- ___26. Gave a stranger directions on how to get somewhere.
- ___27. Attended a community or neighborhood meeting.
- ___28. Wrote a poem or story.
- ___29. Took in a pet.
- ___30. Did something that other people considered to be unique and important.
- ___31. Attended a meeting or activity at a church (not including conventional worship service such as Mass, Sunday morning service, etc.).
- ___32. Offered physical help to a friend or acquaintance (e.g., helped them move, fix a car, etc.).
- ___33. Had an argument with a friend or family member.
- ___34. Contributed time or money to a political or social cause.
- ___35. Planted or tended a garden, tree, flower, or other plant.
- ___36. Wrote a letter to a newspaper, magazine, Congressman, etc. about a social issue.
- ___37. Cooked a meal for friends (nonfamily members).
- ___38. Donated blood.
- ___39. Took prescription medicine.
- ___40. Sewed or mended a garment or other object.
- ___41. Restored or rehabbed a house, part of a house, a piece of furniture, etc.
- ___42. Assembled or repaired a child's toy.
- ___43. Voted for a political candidate or some other elected position.
- ___44. Invented something.
- ___45. Provided first aid or other medical attention.
- ___46. Attended a party.
- ___47. Took an afternoon nap.

___48. Participated in or attended a benefit or fund-raiser.

___49. Learned a new skill (e.g., computer language, musical instrument, welding, etc.).

___50. Became a parent (had a child, adopted a child, or became a foster parent).