

Experiences of Helping Questionnaire V.2.1

Name:

Date:

Age:

Job title:

Qualifications:

Link to own website or socials:

Country you live in:

Gender:

Anonymity: I might like to use some of what you say when I write up my research. I will anonymise your names, place names etc. Do you agree to this? Y/N

I am looking for people to interview as a follow-up to this questionnaire. Do you agree to me contacting you for this? Y/N

Thank you for saying you'd be willing to tell me about your experience of helping others.

QUESTION 1. To what extent do you agree with the following 7 statements:
(1 not at all, 10 extremely).

1.1 You are a naturally caring person whose main focus is on helping others

1.2 You are deeply concerned about other people's needs

1.3 You look for the good in others

1.4 You give a lot, maybe too much, of your effort, time, energy, etc.

1.5 You prioritise other people's needs - often disregarding your own

1.6 You love helping / serving others but you feel exhausted

1.7 You sometimes feel resentful that you're not getting much back (people take advantage of your kindness and generosity)

Note: For many of the respondents question 1 was used as a pre-screening question and they were only sent the remaining questions if they tended to agree strongly with the statements.

QUESTION 2. People help others in different aspects of their life. List all the ways you would say you help others. Is this paid or unpaid? (e.g. Friends, family, working with clients/colleagues, charity or volunteer work etc)

QUESTION 3. Do you enjoy helping others? If so, why? What benefits do you get?

QUESTION 4. Please tell me about a time you prioritised other people and their needs more than your own (what was the situation, what were you thinking and doing at the time; how did they feel as a result, how did you feel as a result?)

QUESTION 5. Do you consider yourself to be a 'helpful person'? Why is it important? To what extent were you brought up to believe being helpful was a good thing?

QUESTION 6 Please tell me about a time when you've felt exhausted or burnt out because you were focused on helping others? (what was the situation, what were you thinking and doing at the time, what was the impact on you and on others?)

QUESTION 7 If you consider yourself to be a helper, how would you say you became one? What influenced you and when did this happen?

QUESTION 8 What else would you like to say about you or your experience of helping others?

Thank you! Jess