

GIVING

- WHAT IS THE MOST MEANINGFUL GIFT ANYONE EVER GAVE YOU? WHY IS IT SO SPECIAL? WHO GAVE IT TO YOU? WHEN? WHY WAS IT GIVEN? HOW DID IT AFFECT YOU?
- DO YOU LIKE TO GIVE GIFTS?
- DO YOU FIND IT EASY OR DIFFICULT TO RECEIVE GIFTS?
- WHEN YOU RECEIVE A GIFT HOW DO YOU FEEL?
- WHAT IS A CHARITY YOU CONTRIBUTE TO?
- DO YOU ENJOY GIVING TANGIBLE GIFTS FOR OTHERS TO REMEMBER YOU BY?
- WHEN WAS A TIME YOU SPONTANEOUSLY GAVE OF YOURSELF AND WERE GLAD YOU DID?
- WHAT IS THE MOST MEANINGFUL GIFT YOU EVER GAVE ANYONE?
- DO YOU STILL TRY TO SEND LOVING THOUGHTS TO THOSE WHO RUB YOU THE WRONG WAY?
- DO YOU SEE YOURSELF AS MORE OF A GIVER OR A TAKER?
- IF YOU COULD RECEIVE ANY ONE GIFT WHAT WOULD YOU PICK?
- DO YOU SEE YOURSELF AS MORE OF A CARE GIVER OR A CARETAKER?
- DO YOU GIVE AWAY THINGS YOU NO LONGER USE?
- DO YOU GLADLY LEND YOUR POSSESSION, SUCH AS CLOTHING, TO FRIENDS OR FAMILY?
- WOULD YOU RATHER GIVE OR RECEIVE A GIFT?
- WHEN WAS A TIME YOU MADE A GIFT FOR SOMEONE SPECIAL?

- WHEN GIVING A GIFT DO YOU USUALLY KNOW EXACTLY WHAT YOU WANT TO GIVE?
- DO YOU BELIEVE THAT LOVE CAN BE A ONE-SIDED GIVING?
- HOW IMAGINATIVE AND CREATIVE ARE YOU IN YOUR GIFT-GIVING AND IN WHAT YOU DO FOR AND SAY TO PEOPLE?
- WHAT PARTS OF YOURSELF DO YOU HOLD BACK FROM GIVING UNTIL YOU BELIEVE SOMEONE HAS DESERVED TO RECEIVE IT?
- DO YOU ENJOY GOING OUT OF YOUR WAY TO PLEASANTLY SURPRISE PEOPLE WITH GIFTS AND GESTURES THEY WOULD NEVER EXPECT, BUT VERY MUCH APPRECIATE?
- DO YOU ENJOY DOING SMALL THINGS WHICH BENEFIT SOMEONE ELSE?
- ARE YOU MORE LIKELY TO SAY YES OR NO WHEN SOMEONE ASKS YOU FOR SOMETHING?
- HOW OFTEN HAVE YOU BEEN TOLD YOU ARE A KIND AND CONSIDERATE PERSON?

GIVING

- WHAT IS THE MOST MEANINGFUL GIFT ANYONE EVER GAVE YOU? WHY IS IT SO SPECIAL? WHO GAVE IT TO YOU? WHEN? WHY WAS IT GIVEN? HOW DID IT AFFECT YOU?
- DO YOU LIKE TO GIVE GIFTS?
- DO YOU FIND IT EASY OR DIFFICULT TO RECEIVE GIFTS?
- WHEN YOU RECEIVE A GIFT HOW DO YOU FEEL?
- WHAT IS A CHARITY YOU CONTRIBUTE TO?
- DO YOU ENJOY GIVING TANGIBLE GIFTS FOR OTHERS TO REMEMBER YOU BY?
- WHEN WAS A TIME YOU SPONTANEOUSLY GAVE OF YOURSELF AND WERE GLAD YOU DID?
- WHAT IS THE MOST MEANINGFUL GIFT YOU EVER GAVE ANYONE?
- DO YOU STILL TRY TO SEND LOVING THOUGHTS TO THOSE WHO RUB YOU THE WRONG WAY?
- DO YOU SEE YOURSELF AS MORE OF A GIVER OR A TAKER?
- IF YOU COULD RECEIVE ANY ONE GIFT WHAT WOULD YOU PICK?
- DO YOU SEE YOURSELF AS MORE OF A CARE GIVER OR A CARETAKER?
- DO YOU GIVE AWAY THINGS YOU NO LONGER USE?
- DO YOU GLADLY LEND YOUR POSSESSION, SUCH AS CLOTHING, TO FRIENDS OR FAMILY?
- WOULD YOU RATHER GIVE OR RECEIVE A GIFT?
- WHEN WAS A TIME YOU MADE A GIFT FOR SOMEONE SPECIAL?

- WHEN GIVING A GIFT DO YOU USUALLY KNOW EXACTLY WHAT YOU WANT TO GIVE?
- DO YOU BELIEVE THAT LOVE CAN BE A ONE-SIDED GIVING?
- HOW IMAGINATIVE AND CREATIVE ARE YOU IN YOUR GIFT-GIVING AND IN WHAT YOU DO FOR AND SAY TO PEOPLE?
- WHAT PARTS OF YOURSELF DO YOU HOLD BACK FROM GIVING UNTIL YOU BELIEVE SOMEONE HAS DESERVED TO RECEIVE IT?
- DO YOU ENJOY GOING OUT OF YOUR WAY TO PLEASANTLY SURPRISE PEOPLE WITH GIFTS AND GESTURES THEY WOULD NEVER EXPECT, BUT VERY MUCH APPRECIATE?
- DO YOU ENJOY DOING SMALL THINGS WHICH BENEFIT SOMEONE ELSE?
- ARE YOU MORE LIKELY TO SAY YES OR NO WHEN SOMEONE ASKS YOU FOR SOMETHING?
- HOW OFTEN HAVE YOU BEEN TOLD YOU ARE A KIND AND CONSIDERATE PERSON?

- WHEN WAS A TIME YOU HELPED SOMEONE THROUGH A DIFFICULT CHALLENGE?
- DO YOU CARE ENOUGH TO INQUIRE HOW PEOPLE ARE DOING?
- CAN LOVE BE A PROBLEM? WHEN
- WHEN WAS A TIME YOU WERE ESPECIALLY LOVING TO SOMEONE YOU CARE FOR?
- DO YOU GIVE AND RECEIVE AFFECTION EASILY?
- DO YOU TEND TO BE MORE FOCUSED ON THOSE AROUND YOU AND WHAT YOU CAN DO FOR THEM OR ON YOUR INNER FEELINGS AND NEEDS?
- DO YOU MORE OFTEN LOVE PEOPLE AND POSSESS THINGS OR LOVE THINGS AND POSSESS PEOPLE?
- DO YOU SURROUND YOURSELF WITH PEOPLE WHO LOVE YOU, AFFIRM YOU AND BRING OUT THE BEST IN YOU?
- WHAT IS THE MOST FRIGHTENING THING ABOUT LOVING SOMEONE?
- WHAT IS THE MOST BEAUTIFUL THING ABOUT LOVING SOMEONE?
- WHAT ARE SEVERAL MEMORIES THAT EVOKE FEELINGS OF LOVE AND AFFECTION INSIDE YOU?
- WHAT HAVE YOU LEARNED ABOUT LOVE FROM THEATER?, SOAPS?, TV ?, FILMS?
- HOW WOULD YOU PREFER PEOPLE SHOW YOU THEIR LOVE?
- HOW EASILY DO YOU ALLOW YOUR LOVE TO FLOW FREELY WITHOUT CONCERN FOR DOING AND SAYING JUST THE RIGHT THING?
- WHEN DO YOU FEEL MOST LOVED?
- DO YOU PUT UP A GUARD THAT KEEPS YOUR LOVE FROM SHINING THROUGH?
- DO YOU LOVE OPENLY AND FREELY FROM YOUR HEART?
- DO YOU EXPRESS YOUR LOVE THROUGH YOUR ACTIONS?
- HOW ABLE ARE YOU TO TELL AND SHOW THE PEOPLE CLOSEST TO YOU THAT YOU APPRECIATE THEM?
- HOW ACTIVELY INVOLVED ARE YOU IN HELPING THE GROWTH OF THOSE YOU LOVE?
- HOW READY AND ABLE ARE YOU TO RESPOND TO THE NEEDS OF THOSE YOU LOVE?
- DO YOU ACCEPT THOSE YOU LOVE AS THEY ARE WITHOUT THEM HAVING TO CONFORM TO YOUR EXPECTATIONS?
- HOW ABLE ARE YOU TO ACCEPT THE LOVE THAT OTHERS WANT TO GIVE YOU?
- DO YOU REALLY KNOW THOSE YOU LOVE SO MUCH THAT YOU CAN HEAR THE FEELINGS BENEATH THEIR WORDS?
- WOULD YOU EVER TO BE ABLE TO MOVE FAR AWAY FROM LOVED ONES?
- WHEN WAS A TIME THAT YOU VOLUNTEERED TO HELP?
- WHEN WAS A TIME YOU WERE SORRY YOU VOLUNTEERED?
- WHEN WAS A TIME THAT YOU REALLY FELT LOVED?
- WOULD YOU DO SOMEONE A FAVOR IF YOU KNEW THERE WAS NO WAY THEY WOULD EVER RETURN IT?
- WHAT IS A KIND DEED YOU KNOW YOU COULD GO OUT AND DO RIGHT NOW? WHAT'S KEEPING YOU FROM DOING IT?
- WHEN WAS A TIME THAT YOU HAD COMPASSION?
- WHEN WAS A TIME THAT SOMEONE HAD COMPASSION FOR YOU?
- HOW DO YOU DEAL WITH PEOPLE WITH PROBLEMS?
- HOW COMPASSIONATE A PERSON ARE YOU?
- HOW IMPORTANT TO YOU IS THE NURTURING, SERVING AND NOURISHMENT OF OTHERS?
- DO YOU USUALLY RESPOND WITH COMPASSION WHEN YOU HEAR OF OTHERS' MISFORTUNE?
- WHEN WAS A TIME THAT YOU RECEIVED AN UNEXPECTED KINDNESS?
- ARE YOU LIKELY TO REACH OUT TO SOMEONE WHO SEEMS LOST OR LONELY?
- HOW COMMITTED ARE YOU TO LEARNING TO LOVE AND CARE MORE FULLY?
- DO YOU STOP TO HELP PEOPLE IN TROUBLE, SUCH AS WITH A FLAT TIRE?
- DO YOU EVER GO OUT OF YOUR WAY TO HELP SOMEONE YOU DON'T KNOW?
- DO YOU EASILY OFFER HOSPITALITY?
- DO YOU AVOID SAYING ANYTHING IF YOU FIND IT DIFFICULT TO BE KIND?
- DO YOU SEND SYMPATHY AND GET WELL CARDS?
- ARE YOU LIKELY TO BE CONSIDERATE AND TACTFUL IN YOUR INTERACTIONS WITH OTHERS?