
Healthy Selfishness and Pathological Altruism

Healthy Selfishness (HS)

1. I have healthy boundaries.
2. I have a lot of self-care.
3. I have a healthy dose of self-respect, and don't let people take advantage of me.
4. I balance my own needs with the needs of others.
5. I advocate for my own needs.
6. I have a healthy form of selfishness (e.g., meditation, eating healthy, exercising, etc.) that doesn't hurt others, but brings me greater happiness.
7. Even though I give a lot to others, I know when to recharge.
8. I give myself permission to enjoy myself, even if it doesn't necessarily help others.
9. I take good care of myself.
10. I prioritize my own personal projects over the demands of others.

Pathological Altruism (PA)

1. I tend to sacrifice my own needs and interests so that I can devote myself to helping and serving others.
2. I am a total pushover when it comes to requests to help others.
3. I often feel a compulsion to help others, as though I can't help myself.
4. I am willing to place another's needs above my own in a way that may cause self-harm.
5. I am constantly trying to read, anticipate, or guess others' needs so that I can give them exactly what they want.
6. I have little time to myself because I am too busy helping everyone.
7. I often suffer from "empathy burnout"—helping others leaves me feeling exhausted.
8. I need to be needed.
9. I often feel run down due to the demands of others.
10. I often feel unappreciated for the work I do to help others.

From the research article, *Healthy Selfishness and Pathological Altruism: Measuring Two Paradoxical Forms of Selfishness* by Scott Barry Kaufman and Emanuel Jauk.