

## Four Immeasurables Scale (FIS)

CODE \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_ years Sex ☐ Male ☐ Female Education \_\_\_\_\_

Put a circle around the response for the following statements that describe you the best.

1	I believe that everyone deserves to receive my love, regardless of who they are.	Not like me at all	Somewhat not like me	neutral	Somewhat like me	Very much like me
2	Just like us, other people want to be loved.	Not like me at all	Somewhat not like me	neutral	Somewhat like me	Very much like me
3	I have a strong desire to assist those in need, not just listen to them.	Not like me at all	Somewhat not like me	neutral	Somewhat like me	Very much like me
4	I can't resist helping those who are in trouble.	Not like me at all	Somewhat not like me	neutral	Somewhat like me	Very much like me
5	It comes naturally for me to show kindness to others.	Not like me at all	Somewhat not like me	neutral	Somewhat like me	Very much like me
6	I accept the consequences for that person regardless of the outcome, knowing that I've done my best to assist them.	Not like me at all	Somewhat not like me	neutral	Somewhat like me	Very much like me
7	The fact that animals have feelings like us, I treat them sympathetically as I do to people	Not like me at all	Somewhat not like me	neutral	Somewhat like me	Very much like me
8	We all experience some form of suffering, which is why I have empathy towards others.	Not like me at all	Somewhat not like me	neutral	Somewhat like me	Very much like me
9	I offer my assistance to others, even if it is not required.	Not like me at all	Somewhat not like me	neutral	Somewhat like me	Very much like me
10	As animals have feelings like humans, I treat them with kindness.	Not like me at all	Somewhat not like me	neutral	Somewhat like me	Very much like me
11	I congratulate those who have accomplished something great in their lives.	Not like me at all	Somewhat not like me	neutral	Somewhat like me	Very much like me
12	I don't add insult to injury to those who have already paid the price for their mistakes.	Not like me at all	Somewhat not like me	neutral	Somewhat like me	Very much like me

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*VS-12 : Wongpakaran N and T, Dept. of*

*Psychiatry, Chiang Mai University, November 23 2019*