

Altruism Activity

List some selfless acts you've done and consider whether they were truly altruistic.

	ALTRUISTIC ACT What did you do?	BENEFITS Who were you benefitting other than yourself?	COGNITIVE DISSONANCE Do you believe strongly in a principle that led you to help? What was that principle?	COST REWARD Did you feel better when you did it? How so?	EMPATHY Was the person or people you helped similar to you somehow? Explain.	SOCIAL EXCHANGE Did anyone witness your altruism? Is it likely they will respect your action? Explain.	EVOLUTION Is your family altruistic? Do you come from a system of helpers? Explain.
1							
2							
3							
4							
5							

REFLECTION: Looking at these five acts, were any truly altruistic? Meaning you got nothing from them? Explain.