

**TABLE 12.1** Different Types of Helping

Type of Helping	Characteristics	Examples
Everyday acts of kindness	Common, short-lived, low-cost	<ul style="list-style-type: none"><li>• Taking a sick friend to the doctor's</li><li>• Helping a stranded motorist change a flat tire</li><li>• Making a charitable contribution</li></ul>
Extraordinary acts of bravery or heroism	Uncommon, short-lived, high-cost	<ul style="list-style-type: none"><li>• Rushing into a burning building to save a child</li><li>• Agreeing to donate a kidney</li><li>• Saving Jews during the Holocaust</li></ul>
Volunteerism	Common, sustained, moderate-cost	<ul style="list-style-type: none"><li>• Performing community service (e.g., working for Meals on Wheels)</li><li>• Donating blood</li><li>• Building houses for Habitat for Humanity</li></ul>