

**1. Asking for Help | Frequency of Being Asked**

How often, if at all, do people ask you for help?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	Under 30	30-44	45-64	65+	White	Black	Hispanic	Other
Often	23%	27%	19%	21%	26%	25%	17%	21%	28%	26%	21%
Sometimes	51%	48%	55%	52%	48%	47%	60%	52%	51%	49%	41%
Rarely	19%	18%	19%	16%	18%	20%	20%	20%	18%	13%	20%
Never	4%	5%	4%	3%	3%	7%	2%	4%	3%	5%	11%
Not sure	3%	3%	4%	7%	5%	1%	1%	3%	—	6%	7%
Totals (Unweighted N)	100% (999)	100% (443)	100% (556)	100% (208)	100% (251)	100% (338)	100% (202)	100% (746)	100% (98)	100% (84)	100% (71)

	Party ID (3 category)				Family Income (3 category)				Census Region			
	Total	Democrat	Independent	Republican	Under \$50K	\$50-100K	\$100K or more	Prefer not to say	Northeast	Midwest	South	West
Often	23%	26%	22%	18%	23%	24%	24%	19%	26%	19%	23%	23%
Sometimes	51%	51%	49%	56%	51%	51%	58%	47%	51%	50%	52%	52%
Rarely	19%	19%	17%	22%	19%	21%	14%	18%	16%	23%	19%	17%
Never	4%	3%	5%	3%	4%	3%	4%	8%	4%	5%	3%	5%
Not sure	3%	1%	7%	0%	4%	1%	—	9%	3%	4%	3%	3%
Totals (Unweighted N)	100% (999)	100% (370)	100% (377)	100% (252)	100% (448)	100% (292)	100% (124)	100% (135)	100% (185)	100% (215)	100% (399)	100% (200)

**2. Asking for Help | Frequency of Asking Others**

How often, if at all, do you ask people for help?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	Under 30	30-44	45-64	65+	White	Black	Hispanic	Other
Often	5%	7%	3%	9%	6%	3%	3%	4%	8%	8%	5%
Sometimes	39%	40%	38%	45%	37%	36%	39%	39%	37%	46%	34%
Rarely	45%	44%	47%	34%	46%	50%	49%	48%	48%	28%	43%
Never	8%	7%	9%	6%	6%	9%	9%	7%	7%	13%	13%
Not sure	3%	3%	3%	7%	4%	1%	1%	3%	—	4%	5%
Totals (Unweighted N)	100% (999)	100% (443)	100% (556)	100% (209)	100% (250)	100% (338)	100% (202)	100% (746)	100% (98)	100% (84)	100% (71)

  

	Party ID (3 category)			Family Income (3 category)				Census Region				
	Total	Democrat	Independent	Republican	Under \$50K	\$50-100K	\$100K or more	Prefer not to say	Northeast	Midwest	South	West
Often	5%	5%	6%	4%	7%	5%	3%	1%	4%	5%	6%	3%
Sometimes	39%	43%	37%	38%	41%	35%	37%	39%	49%	44%	34%	34%
Rarely	45%	45%	42%	51%	42%	54%	51%	37%	34%	39%	49%	56%
Never	8%	7%	10%	6%	7%	6%	8%	14%	11%	8%	7%	7%
Not sure	3%	—	6%	2%	3%	—	1%	8%	3%	4%	4%	—
Totals (Unweighted N)	100% (999)	100% (370)	100% (377)	100% (252)	100% (449)	100% (291)	100% (124)	100% (135)	100% (185)	100% (215)	100% (399)	100% (200)

**3. Asking for Help | Best to Ask for Help**

Which statement comes closest to your opinion?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	Under 30	30-44	45-64	65+	White	Black	Hispanic	Other
Generally, it is best if people get help from other to deal with their problems	34%	36%	33%	31%	43%	33%	30%	33%	47%	31%	24%
Generally, it is best if people try and deal with their problems by themselves	49%	48%	51%	44%	38%	53%	62%	51%	47%	50%	40%
Not sure	16%	16%	17%	25%	19%	14%	8%	16%	6%	18%	36%
Totals (Unweighted N)	100% (998)	100% (443)	100% (555)	100% (208)	100% (251)	100% (337)	100% (202)	100% (745)	100% (98)	100% (84)	100% (71)

	Total	Party ID (3 category)			Family Income (3 category)				Census Region			
		Democrat	Independent	Republican	Under \$50K	\$50-100K	\$100K or more	Prefer not to say	Northeast	Midwest	South	West
Generally, it is best if people get help from other to deal with their problems	34%	45%	31%	24%	33%	35%	30%	39%	35%	34%	34%	33%
Generally, it is best if people try and deal with their problems by themselves	49%	41%	48%	65%	50%	53%	57%	37%	46%	46%	52%	52%
Not sure	16%	14%	22%	11%	17%	12%	13%	25%	18%	20%	14%	15%
Totals (Unweighted N)	100% (998)	100% (370)	100% (377)	100% (251)	100% (448)	100% (292)	100% (124)	100% (134)	100% (185)	100% (215)	100% (399)	100% (199)

**4. Asking for Help | Better Person**

Who do you think is the better person, someone who...?

	Gender		Age (4 category)				Race (4 category)				
	Total	Male	Female	Under 30	30-44	45-64	65+	White	Black	Hispanic	Other
Generally does things by themselves	57%	56%	59%	52%	42%	64%	69%	58%	56%	54%	52%
Receives help from many people	17%	17%	16%	18%	26%	13%	12%	15%	27%	22%	9%
Not sure	26%	27%	25%	30%	33%	23%	19%	27%	17%	24%	40%
Totals (Unweighted N)	100% (994)	100% (441)	100% (553)	100% (208)	100% (249)	100% (335)	100% (202)	100% (742)	100% (97)	100% (84)	100% (71)

  

	Party ID (3 category)			Family Income (3 category)				Census Region				
	Total	Democrat	Independent	Republican	Under \$50K	\$50-100K	\$100K or more	Prefer not to say	Northeast	Midwest	South	West
Generally does things by themselves	57%	52%	55%	68%	58%	61%	59%	46%	52%	55%	64%	52%
Receives help from many people	17%	22%	13%	17%	18%	13%	17%	17%	19%	19%	15%	16%
Not sure	26%	26%	32%	15%	24%	26%	24%	37%	29%	26%	22%	32%
Totals (Unweighted N)	100% (994)	100% (369)	100% (376)	100% (249)	100% (445)	100% (292)	100% (124)	100% (133)	100% (185)	100% (215)	100% (397)	100% (197)

**5. Asking for Help | Feeling Gratitude**

Do you like or dislike feeling gratitude towards someone?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	Under 30	30-44	45-64	65+	White	Black	Hispanic	Other
Like it a lot	32%	34%	30%	33%	31%	30%	34%	31%	38%	34%	26%
Like it a little	35%	34%	37%	36%	38%	34%	35%	36%	32%	35%	37%
Dislike it a little	14%	15%	12%	11%	16%	15%	12%	15%	14%	12%	9%
Dislike it a lot	3%	2%	4%	1%	0%	7%	3%	4%	2%	—	5%
Not sure	16%	15%	17%	20%	15%	14%	16%	15%	15%	19%	23%
Totals (Unweighted N)	100% (996)	100% (442)	100% (554)	100% (209)	100% (250)	100% (335)	100% (202)	100% (742)	100% (98)	100% (85)	100% (71)

  

	Party ID (3 category)				Family Income (3 category)				Census Region			
	Total	Democrat	Independent	Republican	Under \$50K	\$50-100K	\$100K or more	Prefer not to say	Northeast	Midwest	South	West
Like it a lot	32%	36%	25%	39%	34%	32%	34%	24%	25%	37%	32%	33%
Like it a little	35%	40%	31%	37%	31%	45%	37%	32%	36%	32%	35%	38%
Dislike it a little	14%	13%	15%	14%	14%	13%	16%	11%	16%	15%	12%	14%
Dislike it a lot	3%	1%	5%	4%	4%	2%	2%	4%	4%	1%	4%	4%
Not sure	16%	11%	25%	6%	17%	9%	10%	29%	19%	15%	17%	11%
Totals (Unweighted N)	100% (996)	100% (371)	100% (376)	100% (249)	100% (448)	100% (291)	100% (124)	100% (133)	100% (184)	100% (215)	100% (398)	100% (199)

**6. Asking for Help | Bill Trouble**

If you lost your job and had trouble paying the bills, what would you prefer?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	Under 30	30-44	45-64	65+	White	Black	Hispanic	Other
I would prefer to receive help from my neighbors and family, even if they know about my troubles	32%	34%	30%	33%	34%	29%	33%	34%	28%	26%	34%
I would prefer to receive help from the government, and keep my troubles to myself	36%	34%	38%	39%	34%	41%	26%	33%	49%	40%	33%
I would refuse to take help from anybody	12%	14%	11%	8%	15%	11%	16%	13%	5%	16%	12%
Not sure	19%	18%	21%	20%	16%	18%	25%	20%	18%	18%	22%
Totals (Unweighted N)	100% (995)	100% (441)	100% (554)	100% (206)	100% (250)	100% (337)	100% (202)	100% (742)	100% (98)	100% (85)	100% (70)

	Total	Party ID (3 category)			Family Income (3 category)				Census Region			
		Democrat	Independent	Republican	Under \$50K	\$50-100K	\$100K or more	Prefer not to say	Northeast	Midwest	South	West
I would prefer to receive help from my neighbors and family, even if they know about my troubles	32%	25%	34%	39%	28%	40%	42%	25%	31%	32%	34%	29%
I would prefer to receive help from the government, and keep my troubles to myself	36%	51%	30%	25%	46%	28%	28%	21%	40%	30%	37%	36%
I would refuse to take help from anybody	12%	5%	13%	21%	10%	14%	13%	19%	10%	17%	11%	13%
Not sure	19%	19%	23%	15%	16%	18%	17%	35%	18%	22%	17%	23%
Totals (Unweighted N)	100% (995)	100% (370)	100% (374)	100% (251)	100% (446)	100% (292)	100% (124)	100% (133)	100% (183)	100% (214)	100% (398)	100% (200)

<b>Interviewing Dates</b>	October 27 - 31, 2016
<b>Target population</b>	U.S. citizens, aged 18 and over.
<b>Sampling method</b>	Respondents were selected from YouGov's opt-in Internet panel using sample matching. A random sample (stratified by gender, age, race, education, geographic region, and voter registration) was selected from the 2014 American Community Study. Voter registration was imputed from the November 2014 Current Population Survey Registration and Voting Supplement.
<b>Weighting</b>	The sample was weighted using propensity scores based on gender, age, race, education, geographic region, and 2012 Presidential vote. The weights range from 0.138 to 6.019, with a mean of one and a standard deviation of 0.834.
<b>Number of respondents</b>	1000
<b>Margin of error</b>	± 4% (adjusted for weighting)
<b>Survey mode</b>	Web-based interviews
<b>Questions not reported</b>	19 questions not reported.