

### Gratitude Questionnaire

| Please check a box on how you feel right now. |   | Strongly Disagree             | Disagree                      | Slightly Disagree             | Neutral                       | Slightly Agree                | Agree                         | Strongly Agree                |
|---|---|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|
| GQ 1  | I have so much in life to be thankful for.  | <input type="checkbox"/><br>1 | <input type="checkbox"/><br>2 | <input type="checkbox"/><br>3 | <input type="checkbox"/><br>4 | <input type="checkbox"/><br>5 | <input type="checkbox"/><br>6 | <input type="checkbox"/><br>7 |
| GQ 2  | If I had to list everything that I felt grateful for, it would be a very long list.   | <input type="checkbox"/><br>1 | <input type="checkbox"/><br>2 | <input type="checkbox"/><br>3 | <input type="checkbox"/><br>4 | <input type="checkbox"/><br>5 | <input type="checkbox"/><br>6 | <input type="checkbox"/><br>7 |
| GQ 3  | When I look at the world, I don't see much to be grateful for. (R)  | <input type="checkbox"/><br>7 | <input type="checkbox"/><br>6 | <input type="checkbox"/><br>5 | <input type="checkbox"/><br>4 | <input type="checkbox"/><br>3 | <input type="checkbox"/><br>2 | <input type="checkbox"/><br>1 |
| GQ 4  | I am grateful to a wide variety of people.  | <input type="checkbox"/><br>1 | <input type="checkbox"/><br>2 | <input type="checkbox"/><br>3 | <input type="checkbox"/><br>4 | <input type="checkbox"/><br>5 | <input type="checkbox"/><br>6 | <input type="checkbox"/><br>7 |
| GQ 5  | As I get older I find myself more able to appreciate the people, events, and situations that have been part of my life history. | <input type="checkbox"/><br>1 | <input type="checkbox"/><br>2 | <input type="checkbox"/><br>3 | <input type="checkbox"/><br>4 | <input type="checkbox"/><br>5 | <input type="checkbox"/><br>6 | <input type="checkbox"/><br>7 |
| GQ 6  | Long amounts of time can go by before I feel grateful to something or someone. (R)  | <input type="checkbox"/><br>7 | <input type="checkbox"/><br>6 | <input type="checkbox"/><br>5 | <input type="checkbox"/><br>4 | <input type="checkbox"/><br>3 | <input type="checkbox"/><br>2 | <input type="checkbox"/><br>1 |

**Scoring:** Add the responses varying from 1-7 for all eight items giving a range from 6-42. A higher score represents a person with more gratitude.

(Note: R = reverse-scored item)

**Your total score:** \_\_\_\_\_

McCullough, M. E., Emmons, R. A., & Tsang, J. A. (2002). The grateful disposition: a conceptual and empirical topography. *Journal of personality and social psychology*, 82(1), 112.