

Appendix A

The Gratitude Questionnaire-Six Item Form (GQ-6)

Using the scale below as a guide, write a number beside each statement to indicate how much you agree with it.

**1 = strongly disagree**

**2 = disagree**

**3 = slightly disagree**

**4 = neutral**

**5 = slightly agree**

**6 = agree**

**7 = strongly agree**

\_\_\_ 1. I have so much in life to be thankful for.

\_\_\_ 2. If I had to list everything that I felt grateful for, it would be a very long list.

\_\_\_ 3. When I look at the world, I don't see much to be grateful for.\*

\_\_\_ 4. I am grateful to a wide variety of people.

\_\_\_ 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.

\_\_\_ 6. Long amounts of time can go by before I feel grateful to something or someone.\*

\*Items 3 and 6 are reverse-scored.