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.