

Gratitude to God

Instructions:

Using the following response options, please carefully read each statement and rate how often you behave in that way **NOW**, *at the end of this program*, and how often you would have or did behave **BEFORE** *this program*.

1	2	3	4	5
Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree

	<u>NOW</u> , at the end of this program	<u>BEFORE</u> this program
1. Simple pleasures like a beautiful view or a delicious meal often remind me of how good God has been to me.	_____	_____
2. When I think of how good others have bene to me, it makes me feel very thankful to God.	_____	_____
3. Because my life has been so bad, I have very little to thank God for.	_____	_____
4. When I see the beauty of new life in the spring, I feel very thankful toward God.	_____	_____
5. When I think of what others have done for me in my life, it makes me appreciate God even more.	_____	_____
6. I feel very grateful to God when I think of my family.	_____	_____

Now calculate your gratitude to God score!

Step 1: Item 3 needs to be *reverse scored*. Use the following chart to convert your scores:

1	2	3	4	5
5	4	3	2	1

NOW: 3R: _____

BEFORE: 3R: _____

Step 2: Please calculate your total gratitude to God scores for **NOW** and **BEFORE** this program. To do this, compute the mean of the six scores in each column (add all scores and divide by six). Don't forget to use 3R instead of 3!

NOW: _____ **BEFORE:** _____