

Gratitude

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	6	7		
Never	Almost Never	Occasionally	Sometimes	Often	Almost Always	Always		
							<u>NOW</u> , at the end of this program	<u>BEFORE</u> this program
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 a part of my life history.						_____	_____
6.	Long amounts of time can go by before I feel grateful to something or someone.						_____	_____

Now calculate your gratitude score!

Step 1: Items 3 and 6 need to be *reverse scored*. Use the following chart to convert your scores:

1	2	3	4	5	6	7
7	6	5	4	3	2	1

NOW: 3R: _____ 6R: _____

BEFORE: 3R: _____ 6R: _____

Step 2: Please calculate your total gratitude 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).

NOW: _____ **BEFORE:** _____