

## The Gratitude Survey

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.

### Scoring Instructions

1. Add up your scores for items 1, 2, 4, and 5
2. Reverse your scores for items 3 and 6. That is, if you scored a "7," give yourself a "1," if you scored a "6," give yourself a "2," etc.
3. Add the reversed scores for items 3 and 6 to the total from Step 1. This is your total GQ-6 score. This number should be between 6 and 42. Based on a sample of 1,224 adults who took this survey as part of a feature on the Spirituality and Health website, here are some benchmarks for making sense of your score.

If you scored 35 or below, then you are in the bottom one-fourth of the sample in terms of gratitude.

If you scored between 36 and 38, you are in the bottom one-half of the people who took the survey.

If you scored between 39 and 41, you are in the top one-fourth, and if you scored 42, you are in the top one-eighth.

Women score slightly higher than men, and older people score higher than younger people.

## Satisfaction with Life Scale

Below are five statements that you may agree or disagree with. Using the 1-7 scale below, indicate your agreement with each item by placing the appropriate number on the line preceding that item.

7 = Strongly agree

6 = Agree

5 = Slightly agree

4 = Neither agree nor disagree

3 = Slightly disagree

2 = Disagree

1 = Strongly Disagree

\_\_\_\_\_ In most ways, my life is close to my ideal.

\_\_\_\_\_ The conditions of my life are excellent.

\_\_\_\_\_ I am completely satisfied with my life.

\_\_\_\_\_ So far, I have gotten the important things I want in life.

\_\_\_\_\_ If I could live my life over, I would change nothing.

\_\_\_\_\_ Total

30-35 Extremely satisfied, much above average

25-29 Very satisfied, above average

20-24 Somewhat satisfied, average for American adults

15-19 Slightly dissatisfied, a bit below average

10-14 Dissatisfied, clearly below average

5-9 Very dissatisfied, much below average

Tens of thousands of individuals across several cultures have taken this test. Here are some representative norms:

- Among older American adults, men score 28 on average and women score 26.
- The average North American college student scores between 23 and 25;
- Eastern European and Chinese students on average score between 16 and 19.
- Male prison inmates score about 12 on average, as do hospital inpatients.
- Psychological outpatients score between 14 and 18 on average,
- Abused women and elderly caregivers (both surprisingly) score about 21 on average.