

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.