

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 for which to be thankful.

___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 for which to be grateful.*

___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.*

*reverse scored items

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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.

Interpretation:

- 25th Percentile: a score below 35 (bottom quartile)
- 50th Percentile: a score below 38 (bottom half)
- 75th Percentile: a score of 41 (higher than 75%)
- Top 13%: a score of 42