The Gratitude Questionnaire (CQ-6)

Using the scale below 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. Reverse the scores for questions 3 and 6
   i.e. Scores 1=7, 2=6, 3=5, 4=4, 5=3, 6=2, 7=1
2. Add scores for items 1-6 (using the reversed scores for items 3 and 6).

Scores totalling 6 – 35 Indicate low levels of gratitude
Scores totally 36-40 Indicate moderate levels of gratitude
Scores totalling 41-42 Indicate high levels of gratitude