



The Gratitude Questionnaire (CQ-6)

McCullough, M. E., Emmons, R. A., & Tsang, J. A. (2002). The grateful disposition: A conceptual and empirical topography. *Journal of Personality and Social Psychology*, 82(1), 112-127. doi: 10.1.1.337.3704

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
Scores totally 36-40
Scores totalling 41-42

Indicate low levels of gratitude
Indicate moderate levels of gratitude
Indicate high levels of gratitude