



Red Willow  
COUNSELING & RECOVERY

## 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 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.

*Source: McCullough, M. E., Emmons, R. A., & Tsang, J. 2002.*