**Scoring for the Gratitude Scale**

Gratitude is an emotion similar to appreciation. It is about being thankful for things and expressing it either to yourself or others.

**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.

Total score = This number should be between 6 and 42.

The average score reported for British University students is between 29 and 35. Above that is considered high in gratitude and below is low.

**Importance**

Gratitude is defined simply as, ‘‘an acknowledgement that we have received something of value from others’’ (Emmons & Mishra 2011). It is reported to be the most beneficial of all the character strengths with individuals with higher levels of gratitude reporting consistently higher levels of wellbeing and satisfaction with their lives (Park et al., 2004). Research reports that people higher in gratitude, find more circumstances to be grateful for, notice more occasions to express gratitude and experience more intense positive emotions in response to situations that arouse gratitude. In these ways feeling and expressing gratitude creates more positive emotional experiences and this makes people feel better and they also cope better. You can learn to be more grateful by doing things like the gratitude diary and research shows that this actually reduces stress levels and improves wellbeing. So give it a go. Think about how you use language instead of saying, "How was your day?" try saying, "What was good about your day today?" You will notice a difference. The "How was your day" gives us permission to moan and that is often not very interesting for the listener, while asking about what you find good in your day is generally much more interesting.

**Reference**

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

**If you want to know more**

Emmons, R.A., Crumpler, C.A. (2000). Gratitude as a human strength: Appraising the evidence. Journal of Social and Clinical Psychology 19(1), 56-69.

"In ordinary life, we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich." Dietrich Bonhoeffer

Gratitude turns what we have into enough! Aesop