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ACTIVITY 3.1
The Gratitude Questionnaire-Six Item Form (GQ-6)

Concept

In this lesson, students will complete a short inventory designed to assess their current levels of gratitude among three dimensions.

Units it could embed into

Stress and Health, or this could be a stand-alone assignment

Learning Target

1. Students measure their own levels of gratitude using a gratitude assessment.

Materials

Handout 3.1: The Gratitude Questionnaire-Six Item Form (GQ-6)

Time

10 Minutes

Instructions

1. The GQ-6 is one of the most frequently used assessments in gratitude. It measures three dimensions of gratitude, including the tendency to recognize, respond to, and experience gratitude.
2. Students complete Handout 3.1 The Gratitude Questionnaire-Six Item Form (GQ-6).
3. Provide the students with the following scoring instructions:
    - » Add up your scores for items 1, 2, 4, and 5.
    - » 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.
    - » 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.
4. Scoring Analysis: Although higher scores on the GQ-6 are positively correlated with a range of positive outcomes, when having students fill out this measure the emphasis should be on self-awareness (i.e., learning about where there may be room to grow) and not on overall score. Teachers can make the point that gratitude is like a muscle. The more you practice it, the stronger it becomes. However, teachers should also have resources available for any student who finds completion of the measure distressing (e.g., if a student is going through a particularly challenging time, and it feels impossible to find any positive aspects to their lives).

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HANDOUT 3.1

The Gratitude Questionnaire-Six Item Form (GQ-6)

Learning Target

1. Utilize the GQ-6 to measure your current level of gratitude.

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.

Reference

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. Copyright © 2002 by the American Psychological Association. Reproduced with permission.