

### Gratitude Questionnaire – Religious Version

Using the scale below as a guide, write a number beside each statement to indicate how much you agree with it OVER THE PAST MONTH.

- 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 to God for.
- 2) If I had to list everything that I felt grateful to God for, it would be a very long list.
- 3) When I look at the world, I don't see much to be grateful to God for.\*
- 4) I am grateful to God.
- 5) As I get older I find myself more able to thank God for 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 God.\*

Reverse Score Items: 3 & 6

Source: Rosmarin, D. H., Pirutinsky, S., Cohen, A. B., Galler, Y., & Krumrei, E. J. (2011). Grateful to God or just plain grateful? A comparison of religious and general gratitude. *The Journal of Positive Psychology, 6*(5), 389-396.