

Regarding the preceding **Satisfaction with Life Scale**: Tens of thousands of individuals across several cultures have taken this test. Here are representative norms: Among older American adults, men score 28 on average and women score 26. The average North American college student scores between 23 and 25; Eastern European and Chinese students on average score between 16 and 19. Male prison inmates score about 12 on average, as do hospital inpatients. Psychological outpatients score between 14 and 18 on average, and abused women and elderly caregivers (both surprisingly) score about 21 on average.

The Gratitude Survey

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 = neither agree nor disagree
- 5 = slightly agree
- 6 = disagree
- 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 your scores for items 1,2,4, and 5
- 2. Reverse your scores for items 3 and 6 (a 7 becomes a 1, a 2 becomes a 6, etc.) Total these scores
- 3. Add the scores from 1 and 2 together for your Gratitude Quotient.

Based on a sample of 1224 adults who took this survey, here are some benchmarks for your score: If you scored 35 or below, then you are in the bottom one-fourth of the sample in terms of gratitude. If you scored between 36 and 38, you are in the bottom one-half. If you scored between 39 and 41, you are in the top one-fourth, and if you scored 42, you are in the top one-eighth. Women score slightly higher than men, and older people score higher than younger people.

General Happiness Scale - Lyubomirsky and Lepper (1999) A measure of subjective happiness: Preliminary reliability and construct validation. *Social Indicators Research*.

Satisfaction with Life Scale - Eiemer, Emmons, Larsen, and Griffin (1985) The satisfaction with life scale. *Journal of Personality Assessment*.

The Gratitude Scale - McCullough, Emmons, and Tsang (2002) The Grateful Disposition: a conceptual and empirical topography, *Journal of Personality and Social Psychology*.

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