

The Gratitude Adjective Checklist (GAC)

The GAC is a three- item measure comprised of the sum of affect adjectives: grateful, thankful, and appreciative. It can be framed over short or longer time, by varying the time specified in the instructions, e.g. right now, think about “yesterday”, or think about “the past few weeks.”

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. doi:10.1037//0022-3514.82.1.112

Instructions: Think about how you [felt yesterday/have felt during the past few weeks]. Using a scale from 1 (not at all), 2 (a little), 3 (moderately), 4 (quite a bit), to 5 (extremely), please choose a number to indicate your level of feeling the following:

- _____ 1. Grateful
- _____ 2. Thankful
- _____ 3. Appreciative

Scoring: Sum responses to the 3 items.