

Existential Gratitude Survey
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This survey is developed to assess the level of existential gratitude. Please read each statement and indicate to what extent each item characterizes your own life. You may respond by circling / clicking the appropriate number according to the following scale:

1	2	3	4	5	6	7
Completely disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Completely agree

1. I am thankful for both the good and bad that has happened to me in the past.
2. I am thankful for the people in my life, for both their good and annoying characteristics.
3. I am resentful that life has treated me unfairly.
4. I am thankful that I have something to live for, even though it can be a challenging calling.
5. I complain about the difficult and annoying people in the groups I belong to.
6. I believe life is good, with all the suffering and blessings in it.
7. I have learned persistence through overcoming obstacles in my life.
8. I am grateful for the support of others to reach my goals.
9. I am grateful that I can make useful contributions to society, even when there is a lack of resources.
10. I have discovered strengths I never knew I had through my difficulties in life.
11. I am grateful for friends who stay with me in my troubles.
12. I am grateful that through my adversities, my spiritual resources have developed.
13. I feel bitter for bad experiences that happened to me in the past.
14. I am thankful for all the people in my life, for both the happy moments and the painful lessons I have learned.
15. I am in awe at the beauties of nature or God's goodness.

Scoring: Reverse code items 3, 5, and 13. Compute an overall mean with these 15 items.

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