

ORIGINAL ENGLISH

Use the scale below as a guide, write a number beside each statement to indicate how much you agree with it.

...	Strongly Disagree	Disagree	Slightly disagree	Neither	Slightly agree	Agree	Strongly Agree
1. I have so much in life to be thankful for.	①	②	③	④	⑤	⑥	⑦
2. If I had to list everything that I felt grateful for, it would be a very long list	①	②	③	④	⑤	⑥	⑦
3. When I look at the world, I don't see much to be grateful for.	①	②	③	④	⑤	⑥	⑦
4. I am grateful to a wide variety of people	①	②	③	④	⑤	⑥	⑦
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.	①	②	③	④	⑤	⑥	⑦
6. Long amounts of time can go by before I feel grateful to something or someone	①	②	③	④	⑤	⑥	⑦

CHINESE TRANSLATION – in complicated characters

以下句子描述有關你對自己生活的總體感覺。請在每一句適當的地方打分。

	完全不 同意	不同意	有點不 同意	中立	有點同 意	同意	非常同 意
1. 我生活裏實在有太多值得讓我感激的。	①	②	③	④	⑤	⑥	⑦
2. 如果要把所有我想感謝的都記下來，這份清單將會很長。	①	②	③	④	⑤	⑥	⑦
3. 環顧這個世界，我沒有找到什麼是值得多謝的。	①	②	③	④	⑤	⑥	⑦
4. 對於很多不同的人我都心存謝意。	①	②	③	④	⑤	⑥	⑦
5. 我發覺我年紀越大，越懂得欣賞在我生命中的人,事情和處境。	①	②	③	④	⑤	⑥	⑦
6. 我可以經過一段很長時間，都沒有感覺要向任何人或事致謝。	①	②	③	④	⑤	⑥	⑦

CHINESE TRANSLATION – in simplified characters

以下句子描述有关您对自己生活的总体感觉。请在每一句适当的地方打分。

	完全不 同意	不同意	有点不 同意	中立	有点同 意	同意	非常同 意
1. 我生活里实在有太多值得我感激的。	①	②	③	④	⑤	⑥	⑦
2. 如果要把所有我想感谢的都记下来，这个单子将会很长。	①	②	③	④	⑤	⑥	⑦
3. 环顾这个世界，我没有找到	①	②	③	④	⑤	⑥	⑦

	完全不 同意	不同意	有点不 同意	中立	有点同 意	同意	非常同 意
什么是值得我多谢的。							
4. 对于很多不同的人我都心存感激。	①	②	③	④	⑤	⑥	⑦
5. 我发觉我年纪越大，越懂得欣赏我生命中的人，事情和处境。	①	②	③	④	⑤	⑥	⑦
6. 我可以经过一段很长时间，都没有感觉要向任何人或事致谢。	①	②	③	④	⑤	⑥	⑦

ENGLISH BACK-TRANSLATION OF THE CHINESE TRANSLATION

The following sentences describe the overall feeling towards your life. Please choose one appropriate answer that suits you the best for each of them.

	Totally disagree	Disagree	Slightly disagree	Neutral	Slightly agree	Agree	Totally agree
1. So many people/things are worthy of thanks in my life.	①	②	③	④	⑤	⑥	⑦
2. If I have to write down everything that I want to thank, the list would be very long.	①	②	③	④	⑤	⑥	⑦
3. When I look at this world, I cannot find anything that is worthy of thanks.	①	②	③	④	⑤	⑥	⑦
4. I feel grateful for many different people.	①	②	③	④	⑤	⑥	⑦
5. As I get older, I tend to be more appreciative of the people, things and situations encountered in my life	①	②	③	④	⑤	⑥	⑦
6. I can pass a long period of time and do not feel like thanking anyone or anything.	①	②	③	④	⑤	⑥	⑦