

Gratitude Questionnaire-Six Item Form (GQ-6)

[Talatanungan sa Pasasalamat – May Anim na Aytem (GQ-6)]

Using the scale below as a guide, write a number beside each statement to indicate how much you agree with it. (Gamit ang eskala sa ibaba bilang gabay, isulat sa patlang ang kaukulang bilang ng iyong sagot na tumutukoy kung gaano ka sumasang-ayon sa bawat isa.)

1 = strongly disagree (labis na sumasalungat)

2 = disagree (sumasalungat)

3 = slightly disagree (medyo sumasalungat)

4 = neutral (alanganin)

5 = slightly agree (medyo sumasang-ayon)

6 = agree (sumasang-ayon)

7 = strongly agree (labis na sumasang-ayon)

___1. I have so much in life to be thankful for. (Napakarami kong dapat na ipagpasalamat sa buhay.)

___2. If I had to list everything that I felt grateful for, it would be a very long list. (Kung ililista ko ang lahat ng dapat kong ipagpasalamat, magiging napakahabang listahan nito.)

___3. When I look at the world, I don't see much to be grateful for. (Kapag tinitingnan ko ang mundo, wala naman akong dapat ipagpasalamat.)

___4. I am grateful to a wide variety of people. (Pinasasalamatan ko ang napakaraming uri ng tao.)

___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. (Habang nagkakaedad, lalo kong napapahalagahan ang mga tao, pangyayari at sitwasyong naging bahagi ng kasaysayan ng aking buhay.)

___6. Long amounts of time can go by before I feel grateful to something or someone. (Maaaring lumagpas ang napakahabang panahon bago ako makaramdam ng pasasalamat sa isang bagay o tao.)