**CONTEMPLATING GRATITUDE**

Contemporary psychological research has determined that a significant factor in a person's resilience to stress involves a daily routine of reflecting on what one is grateful for. Buddhism has this to say about gratitude:

“These two people are hard to find in the world. Which two? The one who is first to do a kindness, and the one who is grateful and thankful for a kindness done.” — The Buddha, in the Anguttara Nikaya (AN 2:118).

We could not function without some form of generosity and kindness; from the moment we are born until we die. Our parents, whether skillful or not in the craft of parenting, provided us with enough for us to be able to function. We have benefited from the support of others along the path of lived experience. We live on a beautiful planet and one of the benefits I enjoyed during my first meditation retreat was deep gratitude for the teaching and the beauty of this planet—mindfulness enhances sensitivity and gifts us with insight that more and more deeply appreciates the benefits of life, even when life experiences are painful and challenging. I invite you to contemplate the following questions in consideration of the richness of life in these United States even in these conflicted times—this questionnaire was developed to gather information regarding the benefits of deliberately contemplating gratitude:

**Take The Quiz**

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**1. I feel very thankful for my degree of physical health.**

1. Never
2. Once a year
3. A few times a year
4. Once a month
5. A few times a month
6. Once a week
7. More than once a week

Bottom of Form

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**2. I count my blessings for what I have in this world.**

1. Never
2. Once a year
3. A few times a year
4. Once a month
5. A few times a month
6. Once a week
7. More than once a week

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**3. I reflect on the worst times in my life to help me realize how fortunate I am now.**

1. Never
2. Once a year
3. A few times a year
4. Once a month
5. A few times a month
6. Once a week
7. More than once a week

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**4. I think of people who are less fortunate than I am to help me feel more satisfied with my circumstances.**

1. Never
2. Once a year
3. A few times a year
4. Once a month
5. A few times a month
6. Once a week
7. More than once a week

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**5. I remind myself how fortunate I am to have the privileges and opportunities I have encountered in life.**

1. Never
2. Once a year
3. A few times a year
4. Once a month
5. A few times a month
6. Once a week
7. More than once a week

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**6. I reflect on how fortunate I am to have basic things in life like food, clothing, and shelter.**

1. Never
2. Once a year
3. A few times a year
4. Once a month
5. A few times a month
6. Once a week
7. More than once a week

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**7. I really notice and acknowledge the good things I get in life.**

1. Never
2. Once a year
3. A few times a year
4. Once a month
5. A few times a month
6. Once a week
7. More than once a week

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**8. When I swerve to avoid a car accident, I feel relieved that I am ok.**

1. Strongly Disagree
2. Disagree
3. Somewhat Disagree
4. Neither Agree nor Disagree
5. Somewhat Agree
6. Agree
7. Strongly Agree

Bottom of Form

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**9. I am content with what I have.**

1. Strongly Disagree
2. Disagree
3. Somewhat Disagree
4. Neither Agree nor Disagree
5. Somewhat Agree
6. Agree
7. Strongly Agree

Bottom of Form

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**10. When I drive by the scene of a car accident, it reminds me to feel thankful that I am safe.**

1. Strongly Disagree
2. Disagree
3. Somewhat Disagree
4. Neither Agree nor Disagree
5. Somewhat Agree
6. Agree
7. Strongly Agree

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**11. It is important to appreciate things such as health, family, and friends.**

1. Strongly Disagree
2. Disagree
3. Somewhat Disagree
4. Neither Agree nor Disagree
5. Somewhat Agree
6. Agree
7. Strongly Agree

Bottom of Form

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**12. Although I don’t have everything I want, I am thankful for what I have.**

1. Strongly Disagree
2. Disagree
3. Somewhat Disagree
4. Neither Agree nor Disagree
5. Somewhat Agree
6. Agree
7. Strongly Agree

Bottom of Form

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**13. I remind myself to think about the good things I have in my life.**

1. Strongly Disagree
2. Disagree
3. Somewhat Disagree
4. Neither Agree nor Disagree
5. Somewhat Agree
6. Agree
7. Strongly Agree

Bottom of Form

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**14. I appreciate my degree of success in life so far.**

1. Strongly Disagree
2. Disagree
3. Somewhat Disagree
4. Neither Agree nor Disagree
5. Somewhat Agree
6. Agree
7. Strongly Agree

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**15. When I see someone less fortunate than myself, I realize how lucky I am.**

1. Strongly Disagree
2. Disagree
3. Somewhat Disagree
4. Neither Agree nor Disagree
5. Somewhat Agree
6. Agree
7. Strongly Agree

Bottom of Form