

Existential Gratitude Scale (EGS)

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This scale 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.	My life is full of hardships and suffering, but I can still count my blessings.						1 2 3 4 5 6 7
2.	I am grateful for my life even in times of suffering.						1 2 3 4 5 6 7
3.	I am resentful that life has treated me unfairly.						1 2 3 4 5 6 7
4.	I am grateful that my inner resources have increased as a result of overcoming adversities.						1 2 3 4 5 6 7
5.	I wish that I had never been born.						1 2 3 4 5 6 7
6.	I am grateful for the people in my life, even for those who have caused me much pain.						1 2 3 4 5 6 7
7.	I still feel bitter for all the bad experiences that have happened to me.						1 2 3 4 5 6 7
8.	I am thankful that I have something to live for, even though life has been very hard for me.						1 2 3 4 5 6 7
9.	I am grateful that every crisis represents an opportunity for me to grow.						1 2 3 4 5 6 7
10.	I give thanks at the end of each day, even when nothing went my way.						1 2 3 4 5 6 7
11.	I have learned the importance of gratitude through suffering.						1 2 3 4 5 6 7
12.	I am grateful that suffering has strengthened my faith and character.						1 2 3 4 5 6 7
13.	In desperate times, I am grateful for my faith that I will overcome.						1 2 3 4 5 6 7

Items 3, 5, and 7 are filler items to check for response bias.

Calculate a mean score of the remaining 10 items for a total score on existential gratitude.

Reference: Jans-Beken, L. G. P. J., & Wong, P. T. P. (2019). Development and preliminary validation of the Existential Gratitude Scale (EGS). *Counselling Psychology Quarterly*.
<https://doi.org/10.1080/09515070.2019.1656054>