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fledgling state
(Emmons &
McCullough, in press;
McCullough, Emmons,
& Tsang, 2002). Our
primary purpose in this
set of studies is to
examine the influence
of grateful thinking on
psycho-logical well-

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being in daily life and
thereby put to the test
popular and classical
assumptions
concerning the benefits
of gratitude. On the
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Counting Blessings Versus Burdens: An Experimental ...

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McCullough, M 2003, '
Counting Blessings
Versus Burdens: An
Experimental
Investigation of

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Gratitude and Subjective Well-Being in Daily Life ', Journal of Personality and Social Psychology, vol. 84, no. 2, pp. 377-389.

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Journal of Personality
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2003, Vol. 84, No. 2,
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(Emmons & McCullough, 2003). • A related benefit was observed in the realm of personal goal attainment:

Participants who kept gratitude lists were more likely to have made progress toward

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important personal
goals (academic,

Highlights from the Research Project on Gratitude and ...

The effect of a grateful outlook on psychological and physical well-being was examined. In Studies 1 and 2, participants were randomly assigned to 1 of 3 experimental conditions (hassles, gratitude listing, and

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either neutral life events or social comparison); they then kept weekly (Study 1) or daily (Study 2) records of their moods, coping behaviors, health behaviors, physical symptoms, and ...

Counting blessings versus burdens: An experimental ...

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debate (McCullough,
Kilpatrick, Emmons, &
Larson, 2001). How-
ever, psychology's
inattention to gratitude
belies the considerable
individual differences
in gratitude of which

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laypersons are aware.

People easily call to mind individuals in their lives who seem to be grateful almost to a fault and others who seem perfectly qualified

The Grateful Disposition: A Conceptual and Empirical ...

A similar explanation was put forth by Emmons and McCullough who said

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that: “ Gratitude is associated with a personal benefit that was not intentionally sought after, deserved, or earned but rather because of the good intentions of another person” (Emmons & McCullough, 2003).

The Neuroscience of Gratitude and How It Affects Anxiety ...

(McCullough, Emmons, Kilpatrick, & Mooney, 2003) that people ' s

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scores on some variables decay with repeated assessments, perhaps because of habituation to the rating task over the 21-day ...

(PDF) Gratitude in Intermediate Affective Terrain: Links ...

Emmons and McCullough (2003) conducted a seminal study of gratitude's effects on

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psychological and
physical well-being
using a Counting
Blessings intervention.
In one experiment,
college ...

(PDF) Gratitude in Practice and the Practice of Gratitude

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McCullough, M. E.
(2003). Counting
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burdens: an
experimental
investigation of

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gratitude and
subjective well-being in
daily life. Journal of
personality and social
psychology, 84 (2),
377.

**Emmons &
McCullough, 2003,
Study 1: Expressing
gratitude ...**

Robert A. Emmons is
the author of Thanks!
How the New Science
of Gratitude Can Make
You Happier, and a
professor of

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psychology at the
University of California,
Davis. In their studies,
Emmons and fellow
researchers found
evidence to support
how gratitude
enhances one's
personal and relational
existence. (1)

The Essence of Gratitude - Organic Soul

Robert A Emmons, M.
McCullough; Published
2003; Medicine,
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Psychology; Journal of personality and social psychology; The effect of a grateful outlook on psychological and physical well-being was examined. In Studies 1 and 2, participants were randomly assigned to 1 of 3 experimental conditions (hassles, gratitude listing, and either neutral life ...

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experimental ...**

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Robert A. Emmons,
Shelley Dean Kilpatrick,
and Courtney N.

Mooney Personality
and Social Psychology
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**Narcissists as
“Victims”: The Role
of Narcissism in the
...**

Summary of Findings.
In an experimental

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In comparison, those who kept gratitude journals on a weekly basis exercised more regularly, reported fewer physical symptoms, felt better about their lives as a whole, and were more optimistic about the upcoming week compared to those who recorded hassles or neutral life events (Emmons & McCullough, 2003).

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Gratitude and Well-Being - Gratitude Works

Journal of Personality and Social Psychology.
84(2):377-389,
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0022-3514. Publication
Date: February 2003

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