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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-being in daily life and thereby put to the test popular and classical assumptions

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concerning the benefits of gratitude. On  
the Meaning of Gratitude

## **Counting Blessings Versus Burdens: An Experimental ...**

Emmons, RA & McCullough, M 2003, 'Counting Blessings Versus Burdens: An Experimental Investigation of Gratitude and Subjective Well-Being in Daily Life',

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Journal of Personality and Social  
Psychology, vol. 84, no. 2, pp. 377-389.

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(Emmons & McCullough, 2003). • A related benefit was observed in the realm of personal goal attainment: Participants who kept gratitude lists

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were more likely to have made progress toward important personal goals (academic,

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The effect of a grateful outlook on psychological and physical well-being was examined. In Studies 1 and 2,

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participants were randomly assigned to 1 of 3 experimental conditions (hassles, gratitude listing, and 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 ...

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debate (McCullough, Kilpatrick, Emmons, & Larson, 2001). How-ever, psychology's

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inattention to gratitude belies the considerable individual differences in gratitude of which 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

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

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(McCullough, Emmons, Kilpatrick, & Mooney, 2003) that people ' s scores on some variables decay with repeated assessments, perhaps because of habituation to the rating task over the 21-day ...

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Emmons and McCullough (2003)  
conducted a seminal study of gratitude's  
effects on psychological and physical  
well-being using a Counting Blessings  
intervention. In one experiment, college  
...

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**(PDF) Gratitude in Practice and the Practice of Gratitude**

Emmons, R. A., & McCullough, M. E. (2003). Counting blessings versus burdens: an experimental investigation of gratitude and subjective well-being in daily life. *Journal of personality and social psychology*, 84 (2), 377.

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## **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 psychology at the University of California, Davis. In their studies, Emmons and fellow researchers found

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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, Psychology;  
Journal of personality and social

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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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Michael E. McCullough, Robert A.  
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Courtney N. Mooney Personality and  
Social Psychology Bulletin 2016 29 : 7 ,  
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Summary of Findings. In an experimental 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 &

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McCullough, 2003).

**Gratitude and Well-Being -  
Gratitude Works**

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Psychology. 84(2):377-389, FEBRUARY  
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0022-3514. Publication Date: February  
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