

Expression of Gratitude in Relationships Measure

Instructions: Participants should answer the following questions on a 5-point scale ranging from “Never” to “Very Frequently”

1. I express my appreciation for the things that my partner does for me.
2. I let my partner know that I value him/her.
3. When my partner does something nice for me I acknowledge it.

Reference

[Lambert, N. M., Clarke, M. S., Durtschi, J. A., Fincham, F. D., & Graham, S. M. \(2010\). Benefits of expressing gratitude for the expresser: An examination of gratitude's contribution to perceived communal strength. *Psychological Science*, 21, 574-580.](#)