Emmons & McCullough, 2003

201 students were randomly assigned to one of three conditions

- The <u>gratitude</u> group: wrote down up to 5 things in their lives for which they were grateful or thankful each week
- The <u>hassles</u> group: wrote down up to 5 hassles or complaints each week
- The <u>neutral</u> (events) group: wrote down up to 5 major events and circumstances that impacted them each week

Participants kept <u>weekly logs</u> of their moods, life appraisals, physical symptoms, and health behaviors for <u>10 weeks</u>

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