

Emmons & McCullough, 2003

201 students were randomly assigned to one of three conditions

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

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

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