



The Amazing Effects of Gratitude

eslvideo.com Quiz by: ChezTeresaESL



- 1. The Roman philosopher, Cicero, described gratitude as**
 - the matter of all virtues.
 - the mother of all virtues.
 - the mother of all viruses.

- 2. Gratitude is the concept of being**
 - thankful.
 - thoughtful.
 - thirsty.

- 3. Scientifically, which of these does not qualify as a basic emotion?**
 - joy
 - gratitude
 - sadness

- 4. Gratitude has been studied scientifically only**
 - in the past thirty years.
 - in the past three years.
 - in the past thirty-three years.

- 5. Researchers found gratitude to be associated with brain activity in areas of**
 - fairness and legal judgments.
 - fairness and value judgments.
 - following others' judgments.

- 6. In a study, how long did people write down 3 things that went well each day and why?**
 - for one day
 - for one week
 - for three weeks

- 7. Did their happiness scores keep improving over time?**
 - Yes
 - No
 - Only slightly

- 8. How much happier were the participants of the study six months later?**
 - Five percent happier
 - No happier
 - Nine percent happier

- 9. Another study found that keeping a gratitude journal increased**
 - half health and quality of sleep.
 - heart health and quality of sleep.
 - heart health and quality if stress.

- 10. In the video, what is another term used for gratitude?**
 - counting your blessings
 - counting your sleep
 - counting your blushings

- 11. The main idea of this video is:**
 - Some people are hard-wired to be more thankful.
 - Being grateful makes people happier and healthier.
 - Being grateful doesn't really help your health.