

Appendix 1

Gratitude Condition Writing Instructions

Call up the face of someone still alive who at some point in the past did something or said something that changed your life for the better. Someone who you never properly thanked; someone you could meet face-to-face next week. Got a face? Your task is to write a letter of gratitude to this person. It should explain what they did for you and how it changed your life. In the letter, tell them what you are doing now because of this, and how it made you feel. Now, write your letter in the box below.

Appendix 2

Control Condition Writing Instructions

Think of an old friend that you have lost touch with. How long has it been since you last spoke/met? Have a think of what has occurred during this time apart. Now, write a letter to this old friend, informing them of the events that have happened in your life since your last meeting, in the box below.