

Scales Used in the Studies

Gratitude (Gordon et al., 2012)

1. I tell my partner often that s/he is the best.
2. I often tell my partner how much I appreciate her/him.
3. At times I take my partner for granted.
4. I appreciate my partner.
5. Sometimes I don't really acknowledge or treat my partner like s/he is someone special.
6. I make sure my partner feels appreciated.
7. My partner sometimes says that I fail to notice the nice things that s/he does for me.
8. I acknowledge the things that my partner does for me, Even the really small things.
9. I am sometimes struck with a sense of awe and wonder when I think about my partner being in my life.

Satisfaction (Investment Model Scale; Rusbult et al., 1998)

1. I feel satisfied with our relationship.
2. My relationship is much better than others' relationships.
3. My relationship is close to ideal.
4. Our relationship makes me very happy.
5. Our relationship does a good job of fulfilling my needs for intimacy.

Satisfaction (Perceived Relationship Quality Components Inventory; Fletcher et al., 2000)

1. How satisfied are you with your relationship?
2. How content are you with your relationship?
3. How happy are you with your relationship?

Satisfaction (Couple Satisfaction Index; Funk & Rogge, 2007)

1. Please indicate the degree of happiness, all things considered, of your relationship.
2. I have a warm and comfortable relationship with my partner.
3. How rewarding is your relationship with your partner?
4. In general, how satisfied are you with your relationship?

Commitment (Investment Model Scale; Rusbult et al., 1998)

1. I want our relationship to last for a very long time.
2. I am committed to maintaining my relationship with my partner.
3. I would not feel very upset if our relationship were to end in the near future.
4. It is likely that I will date someone other than my partner within the next year.
5. I feel very attached to our relationship.
6. I want our relationship to last forever.
7. I am oriented toward the long-term future of my relationship (for example, I imagine being with my partner several years from now).

Commitment (Perceived Relationship Quality Components Inventory; Fletcher et al., 2000)

1. How committed are you to your relationship?
2. How dedicated are you to your relationship?
3. How devoted are you to your relationship?

References

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- Funk, J. L., & Rogge, R. D. (2007). Testing the ruler with item response theory: increasing precision of measurement for relationship satisfaction with the Couples Satisfaction Index. *Journal of Family Psychology*, 21, 572-583. <https://doi.org/10.1037/0893-3200.21.4.572>
- Gordon, A. M., Impett, E. A., Kogan, A., Oveis, C., & Keltner, D. (2012). To have and to hold: Gratitude promotes relationship maintenance in intimate bonds. *Journal of Personality and Social Psychology*, 103, 257-274. <https://doi.org/10.1037/a0028723>
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