

Supplemental Materials

Condition Instructions

Study 1 T₂ Letter Instructions for Gratitude Shared and Gratitude Unshared Groups

Please take a moment to think back over the past several years of your life and remember an instance (or instances) when the parent or primary caregiver you recruited into this study did something to help you for which you are extremely grateful. For example, you may feel grateful to your parent or primary caregiver for helping you finish a school project, talking to you after a stressful day, or providing financial support. Now, for the next 10 minutes, write a letter to your parent or primary caregiver expressing your gratitude for this kind act (or acts). You will not be able to advance to the next screen until 10 minutes have passed.

***** After you have finished writing this letter, and before you advance to the next screen, please copy and paste your letter into a document (or note, email, etc.) you can save and reference later. You will need a saved copy of your letter for a subsequent activity. *****

Additional instructions will be provided after you finish and submit this letter.

Use the instructions below to help guide you through this process:

1. Use whatever letter format you like, but remember to write as though you are directly addressing your parent or primary caregiver. If it is helpful to head the letter “Dear so-and-so,” or end with “Sincerely, XXX,” feel free to do so.
2. Do not worry about perfect grammar and spelling.
3. Describe in specific terms the kind act this person bestowed upon you and how the kind act affected your life.
4. Describe what you are doing now and how you often remember their efforts.
5. Remember: Anything you write will remain strictly confidential. For the purposes of this study, the letter you write is a private document in which you can express your gratitude freely. Should an experimenter read this entry in the future, it will be identifiable only by a subject number and not by a name.

Study 1 T₂ Letter Instructions for Activities Shared and Activities Unshared Groups

Please take a moment to think about what you did over the past 7 days. That is, create a mental outline of what you did during that time – for example, going to the gym, studying for an exam, or eating at a restaurant. Now, for the next 10 minutes, please write a letter to the parent or primary caregiver you recruited into this study, which describes these activities you’ve performed over the last 7 days. You will not be able to advance to the next screen until 10 minutes have passed.

***** After you have finished writing this letter, and before you advance to the next screen, please copy and paste your letter into a document (or note, email, etc.) that you can save and reference later. You will need a saved copy of your letter for a subsequent activity. *****

Additional instructions will be provided after you finish and submit this letter.

Use the instructions below to help guide you through this process:

1. Use whatever letter format you like, but remember to write as though you are directly addressing your parent or primary caregiver. If it is helpful to head the letter “Dear so-and-so,” or end with “Sincerely, XXX,” feel free to do so.
2. Do not worry about perfect grammar and spelling.
3. Describe what you have done over the past 7 days in specific terms and be as detail-oriented as possible.
4. Focus on exactly what you did and try to leave out emotions, feelings, or opinions pertaining to your plans.
5. Remember: Anything you write will remain strictly confidential. For the purposes of this study, the letter you write is a private document in which you can express your thoughts freely. Should an experimenter read this entry in the future, it will be identifiable only by a subject number and not by a name.

Study 1 T₂ Sharing Instructions for Gratitude Shared Group

Using the saved copy of the gratitude letter you wrote today, we would like you to have a conversation with your parent or primary caregiver to express your gratitude for all the things he or she has done for you. Within the next 7 days, please visit your parent or primary caregiver to have an in-person/face-to-face conversation. If this is not possible, call your parent or primary caregiver on the phone.

Use the letter as a prompt to express your gratitude. Try to mention as many specific examples from the letter as possible, but you do not have to include everything. Feel free to leave out anything you don't feel comfortable discussing. If once you've finished expressing your gratitude to your parent or primary caregiver the conversation moves onto something else, that is OK. Make a mental note about what else is talked about and how the overall conversation made you feel.

We will be sending you a link to a final questionnaire. Please complete it as soon as possible AFTER (but NOT before) having this conversation with your parent or primary caregiver.

Study 1 T₂ Sharing Instructions for Activities Shared Group

Using the saved copy of the letter you wrote today, we would like you to have a conversation with your parent or primary caregiver about the things you have done over the past 7 days. Within the next 7 days, please visit your parent or primary caregiver to have an in-person/face-to-face conversation. If this is not possible, call your parent or primary caregiver on the phone.

Try to discuss as many of the things you wrote about as possible, but you do not have to include everything. Feel free to leave out anything you don't feel comfortable discussing. If once you've finished updating your parent or primary caregiver about the things you've been doing, the conversation moves onto something else, that is OK. Make a mental note about what else is talked about and how the overall conversation made you feel.

We will be sending you a link to a final questionnaire. Please complete it as soon as possible AFTER (but NOT before) having this conversation with your parent or primary caregiver.

Study 1 T₂ Sharing Instructions for Gratitude Unshared and Activities Unshared Groups

Please keep your letter on file, and do not share it with your parent or primary caregiver. We will ask you to log in again in 7 days and complete a final questionnaire.

Study 2 Example Gratitude Letters

Example 1

Dear Mom and Dad,

I am sooo sooo grateful for the both of you and I haven't had the chance to tell you why. If you remember when I was in 6th grade, I got appendicitis and I was in the hospital for almost three months but that didn't stop you from taking care of me and making sure I was doing ok! Mom, you spent everyday and every night with me in that hospital, helped feed me you helped me get through it when I didn't think I could. Dad even though sometimes I get mad that you don't always bring me home donuts in the morning, I love you so so much. I love it when you ask us boys if we want to go on an adventure or even just go on a drive, also you are always there for me. I would not I repeat would not be anything near the person I am today without my mom and dad!

Sincerely,
Andrew

Example 2

Dear Mom,

There is no way that I could accurately thank you for everything you've done. Not a day goes by that you don't help or support me. I'd like you to know that I am eternally grateful for you in a way that cannot be expressed fully in the form of a letter. You are a nurse, a chaperone, a chef, and everything else for not only me and Dylan but for dad and Darlene too. You are perhaps the most marvelous woman on earth and I'm far too lucky to get you as my mom. I can't tell you how many times one of your friends or a teacher of mine has told me how great you are. All I can really do is nod and say "yeah, I know" smiling. But that just doesn't really capture it. I wish I could better. So thank you for everything you do! I love you.

Love,
Hailey

Example 3

Dear friend,

Thank you so much for being there for me when I was having a hard time. I know that you will always be there for me and I am so lucky to have a best friend like you. You continue to motivate me with your own struggles and strength in life. You have helped me see how great of a person I am and have pushed me to be where I am now socially, academically, and so forth. I am so blessed to get to spend each summer with you at camp and to bond with and help you as well. I honestly do not think I would be as happy and sweet today if it wasn't for your selfless guidance. When I feel pain, you feel it too. You'll never let me be upset or sad alone because you'll always be right there with me, to help me feel better. I love you more than words can say and I cannot

imagine not having you in my life and I am beyond happy to have gotten so close to you so fast and I wish I had met you sooner. See you tonight I love you I love you I love you!!!!

XOXO,
Savannah

Study 2 Example Neutral Letters

Example 1

Dear Mom,

This past week I've had normal days. Starting from last Wednesday, I had dance practice after school then came home to do homework and relax. It was a completely normal average day. On Thursday, after school you picked me up to take me to Chinese tutoring then after an hour and a half of that, I went to ballet practice for 2 hours. On Friday, it was a normal school day and after school, we went to go buy brand new pointe shoes for my ballet class, which was exciting. Afterwards, I came home then I got ready to go to a friend's house, then the friend and I went to a comedy match. Over the weekend, nothing occurred while you went out of town in Chicago, so the rest of these 3 school days I've been eating dinner with just Dad and packing lunches for myself, which is hectic. These past 3 days have been normal school days too, with dance practices on all of them. Today I will have a fitness test that I'm not looking forward to. It was a very average week with a few different experiences.

Sincerely,
Jayden

Example 2

Dear Dad,

Let me tell you about my week. A week ago today it was Wednesday and I was on office hours schedule. I got almost all my homework done and it was a pretty good school day. After school finished, I went to track. After I ran the two warm-up laps, I had some discomfort in my back so I told the coach and went home. Then I went home and finished my homework and just hung out at my house. On Thursday I had a normal school day. After school, I went to track and did the warm-up laps and had the same problem, so I went to the trainer and got some ice for it. Then after my ice had melted, I went home. I spent a couple of hours doing my homework and then getting ready for bed. On Friday I had a quiz in math, but was watching a scene from Romeo and Juliet in English. In French, we did an activity on places in Paris. After school ended I went home because I thought it wouldn't be smart to reinjure my back. Later, after I had dinner, I went to my friend's house. We played basketball, ping pong, pool, and went into his hot tub. I came home late and woke up at 10:00 on Saturday. Over the weekend I just hung out and tried to relax. On Monday I had an okay day at school, and went to track after that and was very tired from that. Yesterday I had a better day at school and had a good time in French. At Track we had a meeting and then practiced for the relays, the last thing we did was block starts. At home, I finished my homework and spent a couple of hours getting ready for my track meet today, which I am very anxious for.

Sincerely,
Taylor

Example 3

Dear Violet,

How are you? Last Wednesday, I woke up at 5:40 and ate breakfast and then went to all of my classes. After I was done with my classes I went to track and ran a workout, 8 miles around the track. Then I went to my violin lesson and got new music to play. I did the same thing on Thursday, except I only ran 3 miles and I did not have a violin lesson. On Friday I went to school and left during 4th period to go to my track meet. I ran the 3200 meter. On Saturday I woke up and went to the park to run at 7:30 with my track team. We ran 5 miles. I went home and listened to a podcast and showered and then took a 3 hour nap. That evening we went to a charity event for an animal shelter. The next day I worked on homework all day and in the evening my aunt, uncle, and cousin came and we played games together. Then on Monday I woke up and went to school. After school that day I ran another long workout, 7 miles. On Tuesday I went to school, and I interviewed people for the school newspaper during snack and lunch. After school we ran 5 miles and I went home and did my homework.

Best,
Tyler

Study 2 Example Positive Letters

Example 1

Dear Mother,

Over the past week, I have participated in many awesome activities including soccer, water polo, and basketball. I have had soccer practice on Thursday, Friday, and Saturday. Two of them were practices and one was a scrimmage. Then on Sunday, I had a basketball game and we won by 1 point! I was so happy. Everyday after school I participate in off season water polo. We do weights, run, and stretch. I feel in shape and healthy after participating in these events. It's a great feeling.

Sincerely,
Your son

Example 2

Dear Mom,

So in the past week I have been pretty busy and you have been gone. I'm actually really excited to be writing this. So on Monday to Thursday, I did the usual student stuff: Study, go to class, portion my meals to make sure I'll have enough for the week, I went shopping but have yet to buy the flowers grandma gave me money to buy ... oops. I'll do that today for sure. On Friday, I went to the gym for 2 hours because I had so much time in between classes and really not a lot of catching up to do for school. Then I went to my obnoxious math lab to take a quiz and finally rushed home to go hiking with Jackson, Makayla, Zoe, and some other guy I can't remember. That was a lot of fun. we all eventually came back to the house and chilled around the fire till 5am. Saturday was Jackson's actual birthday so he had a small thing at his house which was a lot of fun too. And finally yesterday (Sunday) I was at home doing stuff to prepare for classes this week. I asked Jackson to come over so I could give him my gift. He stopped by for like 5 minutes, but he actually asked me to be his girlfriend! It was really adorable too. I was leaning on his car talking to him, and he stopped and just looked at me for a second then asked: "Can I start introducing you as my girlfriend?" I obviously said yes and he kissed me. He's really

amazing, Mom. I can't wait to see you this weekend. I love you. Hope everything went well in Arizona.

Love,
Esmeralda (aka your favorite)

Example 3

Dear Mom and Dad,

Last week was stressful, but this week has been much better. I studied for my math final and stressed over it basically all week. Then the weekend came and I got to enjoy your company. It really allowed me to stay strong and then we went to Mexico and just enjoyed a good weekend with the family. I loved being on the cold beach and just enjoying the views. Being with loved ones during times of stress is always the best solution. Once I got to school on Monday, a friend of mine told me that the test scores were up. Guess what! I got an A! All my hard work paid off. It was another reminder that you can overcome hard challenges with hard work. I then called you both and I told you the good news, and it made me so happy when you said you were proud of me. I love you both!

Sincerely,
Mia

Note. Please contact the first author for the full set of these letters if you would like to use them in future studies.

Additional Measures

The following measures were collected in Study 1, but not reported in the present analysis:

- Subjective Happiness Scale
- Social emotions (e.g., guilty, embarrassed)
- Humility
- Self-improvement motivation
- Personality
- Participant diligence and engagement

The following measures were collected in Study 2, but not reported in the present analysis:

- Subjective Socioeconomic Status
- Adherence to intervention instructions
- Participant diligence and engagement

Intention-To-Treat Analyses

We also ran ITT analyses that included all participants randomized to condition, and found the effects to be almost identical and only slightly weaker (i.e., reducing partial r s on average by $-.01$).

Table S1*Study 1 Actor Means and Standard Deviations by Condition*

	Gratitude Shared	Gratitude Unshared	Activities Shared	Activities Unshared
Variable	<i>M (SD)</i>	<i>M (SD)</i>	<i>M (SD)</i>	<i>M (SD)</i>
T ₁ Gratitude	5.33 (1.23)	5.5 (1.07)	5.7 (0.82)	5.67 (0.9)
T ₂ Gratitude	5.75 (0.99)	5.8 (0.84)	5.73 (0.9)	5.69 (0.82)
T ₃ Gratitude	5.84 (0.86)	5.7 (0.9)	5.79 (1)	5.58 (0.82)
T ₁ Mood Slider	62.7 (25.06)	65.54 (24.35)	67.93 (21.41)	70.09 (18.63)
T ₂ Mood Slider	72.02 (19.65)	73.36 (18.88)	70.81 (20.3)	70.96 (19.53)
T ₃ Mood Slider	73.33 (17.84)	71.03 (21.67)	73.67 (21.94)	70 (20.72)
T ₁ Satisfaction Slider	61.62 (23.35)	66.83 (22.04)	70.46 (20.97)	69.42 (20.83)
T ₂ Satisfaction Slider	71.35 (18.52)	70.81 (19.87)	69.88 (20.73)	70.58 (19.03)
T ₃ Satisfaction Slider	69.72 (19.99)	70.82 (19.72)	71.6 (21.98)	69.6 (19.23)
T ₁ Life Satisfaction	4.54 (1.21)	4.52 (1.21)	4.78 (1.13)	4.65 (1.16)
T ₂ Life Satisfaction	4.7 (1.17)	4.76 (1.1)	4.86 (1.16)	4.64 (1.16)
T ₃ Life Satisfaction	4.74 (1.15)	4.69 (1.13)	4.96 (1.33)	4.7 (1.22)
T ₁ Positive Affect	3.9 (1.26)	4.19 (1.31)	4.25 (1.42)	4.24 (1.25)
T ₂ Positive Affect	4.14 (1.26)	4.41 (1.33)	4.25 (1.41)	4.29 (1.42)
T ₃ Positive Affect	4.11 (1.3)	4.13 (1.47)	4.49 (1.45)	4.12 (1.51)
T ₁ Negative Affect	2.78 (1.19)	2.68 (1.27)	2.42 (1.11)	2.66 (1.12)
T ₂ Negative Affect	2.5 (1.23)	2.42 (1.11)	2.34 (1.12)	2.55 (1.29)
T ₃ Negative Affect	2.53 (1.2)	2.33 (1.18)	2.24 (1.27)	2.51 (1.27)
T ₁ Indebted	2.71 (1.34)	2.85 (1.71)	2.83 (1.48)	2.97 (1.42)
T ₂ Indebted	2.81 (1.64)	2.73 (1.62)	2.45 (1.56)	2.85 (1.47)
T ₃ Indebted	2.83 (1.69)	2.59 (1.72)	2.61 (1.63)	2.7 (1.58)
T ₁ Elevation	3.92 (1.28)	3.82 (1.33)	4.01 (1.08)	4 (1.29)
T ₂ Elevation	4.31 (1.33)	4.03 (1.29)	4.12 (1.18)	4.05 (1.46)
T ₃ Elevation	4.38 (1.31)	3.95 (1.32)	4.41 (1.25)	4.08 (1.45)
T ₁ Connection	3.52 (0.72)	3.68 (0.65)	3.73 (0.69)	3.73 (0.7)
T ₂ Connection	3.73 (0.64)	3.73 (0.63)	3.8 (0.71)	3.8 (0.66)
T ₃ Connection	3.69 (0.68)	3.79 (0.66)	3.85 (0.74)	3.74 (0.69)
T ₁ Relationship Closeness	4.78 (1.76)	4.74 (1.67)	4.97 (1.61)	4.88 (1.68)
T ₂ Relationship Closeness	4.75 (1.61)	4.63 (1.68)	4.83 (1.69)	4.75 (1.7)
T ₃ Relationship Closeness	5 (1.61)	4.68 (1.69)	4.98 (1.67)	4.74 (1.81)

Note. Values outside parentheses indicate outcome means, and parenthetical values represent standard deviations.

Table S2*Study 1 Actor Bivariate Correlations*

Variable	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
1. T ₁ Gratitude	—																													
2. T ₂ Gratitude	0.62	—																												
3. T ₃ Gratitude	0.62	0.67	—																											
4. T ₁ Mood Slider	0.55	0.43	0.37	—																										
5. T ₂ Mood Slider	0.30	0.51	0.43	0.45	—																									
6. T ₃ Mood Slider	0.34	0.43	0.56	0.50	0.53	—																								
7. T ₁ Satisfaction Slider	0.61	0.47	0.39	0.65	0.42	0.46	—																							
8. T ₂ Satisfaction Slider	0.40	0.53	0.44	0.43	0.68	0.49	0.59	—																						
9. T ₃ Satisfaction Slider	0.42	0.44	0.51	0.48	0.48	0.73	0.63	0.68	—																					
10. T ₁ Positive Affect	0.52	0.38	0.36	0.63	0.38	0.42	0.58	0.43	0.45	—																				
11. T ₂ Positive Affect	0.37	0.50	0.42	0.46	0.67	0.52	0.45	0.62	0.53	0.63	—																			
12. T ₃ Positive Affect	0.38	0.40	0.50	0.43	0.45	0.68	0.45	0.50	0.62	0.64	0.69	—																		
13. T ₁ Negative Affect	-0.48	-0.40	-0.36	-0.54	-0.33	-0.42	-0.55	-0.44	-0.46	-0.30	-0.28	-0.30	—																	
14. T ₂ Negative Affect	-0.26	-0.37	-0.31	-0.31	-0.42	-0.42	-0.33	-0.42	-0.43	-0.17	-0.35	-0.30	0.59	—																
15. T ₃ Negative Affect	-0.31	-0.35	-0.44	-0.34	-0.33	-0.62	-0.33	-0.36	-0.53	-0.20	-0.31	-0.42	0.57	0.62	—															
16. T ₁ Life Satisfaction	0.55	0.42	0.40	0.45	0.28	0.36	0.70	0.53	0.56	0.55	0.43	0.46	-0.42	-0.22	-0.22	—														
17. T ₂ Life Satisfaction	0.50	0.53	0.49	0.38	0.44	0.40	0.58	0.66	0.62	0.48	0.57	0.50	-0.40	-0.30	-0.29	0.75	—													
18. T ₃ Life Satisfaction	0.47	0.44	0.52	0.37	0.40	0.54	0.57	0.60	0.70	0.47	0.53	0.60	-0.42	-0.32	-0.42	0.71	0.82	—												
19. T ₁ Indebted	-0.06	-0.09	-0.13	-0.12	-0.09	-0.18	-0.14	-0.17	-0.16	-0.03	-0.08	-0.09	0.34	0.16	0.25	-0.10	-0.13	-0.18	—											
20. T ₂ Indebted	-0.09	-0.16	-0.23	-0.11	-0.18	-0.17	-0.09	-0.14	-0.15	-0.02	-0.11	-0.06	0.21	0.31	0.30	-0.04	-0.05	-0.10	0.55	—										
21. T ₃ Indebted	-0.09	-0.05	-0.12	-0.12	-0.07	-0.19	-0.09	-0.05	-0.14	-0.01	-0.05	-0.03	0.22	0.26	0.40	-0.05	-0.01	-0.09	0.57	0.70	—									
22. T ₁ Elevation	0.50	0.30	0.31	0.46	0.25	0.29	0.45	0.27	0.27	0.66	0.48	0.44	-0.18	-0.06	-0.06	0.45	0.36	0.34	0.13	0.08	0.12	—								
23. T ₂ Elevation	0.33	0.44	0.33	0.37	0.50	0.42	0.38	0.48	0.41	0.51	0.70	0.53	-0.21	-0.24	-0.14	0.42	0.47	0.42	0.06	0.09	0.15	0.62	—							
24. T ₃ Elevation	0.35	0.36	0.46	0.36	0.42	0.55	0.36	0.42	0.50	0.51	0.59	0.73	-0.20	-0.17	-0.24	0.39	0.44	0.46	0.00	0.02	0.08	0.57	0.73	—						
25. T ₁ Connection	0.58	0.37	0.36	0.44	0.21	0.28	0.49	0.29	0.36	0.45	0.30	0.28	-0.48	-0.27	-0.33	0.44	0.37	0.37	-0.13	-0.08	-0.13	0.37	0.23	0.24	—					
26. T ₂ Connection	0.48	0.55	0.48	0.40	0.47	0.42	0.47	0.52	0.51	0.41	0.55	0.42	-0.39	-0.47	-0.39	0.43	0.51	0.48	-0.10	-0.14	-0.13	0.31	0.40	0.37	0.59	—				
27. T ₃ Connection	0.50	0.49	0.62	0.37	0.40	0.59	0.44	0.44	0.56	0.43	0.46	0.56	-0.40	-0.35	-0.54	0.42	0.46	0.56	-0.17	-0.21	-0.20	0.31	0.32	0.45	0.58	0.67	—			
28. T ₁ Relationship Closeness	0.24	0.16	0.23	0.18	0.16	0.19	0.17	0.15	0.15	0.22	0.22	0.22	-0.02	0.03	0.04	0.26	0.23	0.23	0.04	0.00	0.06	0.27	0.28	0.25	0.17	0.22	0.25	—		
29. T ₂ Relationship Closeness	0.20	0.17	0.23	0.16	0.20	0.17	0.14	0.15	0.12	0.20	0.25	0.21	-0.04	-0.02	0.01	0.21	0.23	0.21	0.00	-0.05	0.00	0.25	0.29	0.22	0.16	0.24	0.24	0.87	—	
30. T ₃ Relationship Closeness	0.20	0.20	0.27	0.17	0.20	0.22	0.12	0.15	0.14	0.20	0.24	0.23	-0.06	-0.03	-0.02	0.19	0.22	0.23	0.01	-0.03	0.06	0.24	0.29	0.26	0.14	0.25	0.30	0.83	0.89	—

Note. Correlations (Pearson r s) are based on ≥ 359 participants. Correlations .11 and above are significant at $p \leq .05$. Correlations .14 and above are significant at $p \leq .01$.

Table S3*Study 1 Actor Intention-To-Treat Regressed Change Models*

Variable	<i>b</i>	<i>b SE</i>	<i>t</i>	<i>p</i>	Partial <i>r</i>	Partial <i>r</i> 95% CI LL	Partial <i>r</i> 95% CI UL
Hypothesis 1. T₂ Gratitude vs. Activities Groups:							
Gratitude	0.16	0.07	2.28	0.023	0.11	0.02	0.21
Mood Slider	2.47	1.77	1.40	0.163	0.07	-0.03	0.17
Satisfaction Slider	3.05	1.63	1.87	0.062	0.09	0.00	0.19
Positive Affect	0.11	0.11	1.00	0.319	0.05	-0.05	0.15
Negative Affect	-0.04	0.10	-0.44	0.660	-0.02	-0.12	0.08
Life Satisfaction	0.12	0.08	1.58	0.115	0.08	-0.02	0.18
Indebted	0.09	0.13	0.67	0.502	0.03	-0.06	0.13
Elevation	0.09	0.10	0.84	0.400	0.04	-0.06	0.14
Connection	0.01	0.05	0.19	0.847	0.01	-0.09	0.11
Relationship Closeness	0.00	0.09	0.04	0.971	0.00	-0.10	0.10
Hypothesis 2. T₃ Shared vs. Unshared Groups:							
Gratitude	0.25	0.07	3.67	<.001	0.18	0.08	0.27
Mood Slider	4.69	1.74	2.70	0.007	0.13	0.04	0.23
Satisfaction Slider	1.44	1.56	0.92	0.357	0.05	-0.05	0.14
Positive Affect	0.27	0.11	2.49	0.013	0.12	0.03	0.22
Negative Affect	-0.03	0.10	-0.27	0.787	-0.01	-0.11	0.08
Life Satisfaction	0.1	0.08	1.25	0.212	0.06	-0.04	0.16
Indebted	0.12	0.14	0.87	0.382	0.04	-0.05	0.14
Elevation	0.36	0.11	3.29	0.001	0.16	0.07	0.25
Connection	0.05	0.06	0.98	0.328	0.05	-0.05	0.14
Relationship Closeness	0.18	0.10	1.89	0.060	0.09	0.00	0.19
Hypothesis 3. T₃ Gratitude Shared vs. Other Conditions:							
Gratitude	0.29	0.08	3.64	<.001	0.18	0.08	0.27
Mood Slider	4.62	2.01	2.30	0.022	0.11	0.02	0.21
Satisfaction Slider	1.92	1.81	1.06	0.290	0.05	-0.05	0.15
Positive Affect	0.12	0.13	0.94	0.350	0.05	-0.05	0.14
Negative Affect	0.04	0.12	0.33	0.743	0.02	-0.08	0.11
Life Satisfaction	0.05	0.10	0.49	0.627	0.02	-0.07	0.12
Indebted	0.22	0.16	1.45	0.148	0.07	-0.03	0.17
Elevation	0.22	0.13	1.72	0.086	0.09	-0.01	0.18
Connection	0.03	0.06	0.42	0.677	0.02	-0.08	0.12
Relationship Closeness	0.17	0.11	1.55	0.122	0.08	-0.02	0.17

Note. Intention-to-treat analyses with all actor participants randomized to condition included in the analysis.

Hypothesized condition dummy codes predicting actors' T₂ or T₃ scores, controlling for T₁ scores.

CI = confidence interval; LL = lower limit; UL = upper limit.

Table S4*Study 1 Target Means and Standard Deviations by Condition*

	Gratitude Shared	Gratitude Unshared	Activities Shared	Activities Unshared
<i>Variable</i>	<i>M (SD)</i>	<i>M (SD)</i>	<i>M (SD)</i>	<i>M (SD)</i>
T ₁ Gratitude	5.58 (1.02)	5.84 (0.73)	5.89 (1.0)	5.93 (0.86)
T ₃ Gratitude	6.02 (0.74)	5.90 (0.79)	6.06 (0.91)	6.04 (0.96)
T ₁ Mood Slider	80.81 (14.97)	75.65 (21.17)	79.44 (19.27)	84.78 (13.92)
T ₃ Mood Slider	84.37 (13.19)	80.16 (15.2)	80.18 (18.86)	81.09 (18.09)
T ₁ Satisfaction Slider	76.53 (19.31)	77.24 (17.89)	81.11 (18.08)	79.57 (17.84)
T ₃ Satisfaction Slider	79.16 (16.22)	78.87 (17.37)	76.79 (19.09)	78.90 (18.86)
T ₁ Positive Affect	4.75 (1.14)	4.65 (1.06)	4.93 (1.15)	5.09 (1.17)
T ₃ Positive Affect	4.92 (1.01)	4.72 (1.11)	5.13 (1.16)	4.96 (1.5)
T ₁ Negative Affect	2.31 (1.03)	2.14 (1.04)	2.14 (1.08)	1.92 (1.03)
T ₃ Negative Affect	2.09 (0.94)	1.92 (1.05)	2.04 (1.03)	1.88 (0.95)
T ₁ Life Satisfaction	4.96 (1.24)	5.15 (1.01)	5.26 (1.23)	5.28 (1.34)
T ₃ Life Satisfaction	5.22 (1.08)	5.31 (0.96)	5.36 (1.11)	5.34 (1.28)
T ₁ Indebted	2.75 (1.44)	2.79 (1.54)	2.68 (1.21)	2.83 (1.44)
T ₃ Indebted	2.90 (1.48)	2.62 (1.6)	2.25 (1.11)	2.75 (1.51)
T ₁ Elevation	4.22 (1.43)	4.39 (1.04)	4.34 (1.35)	4.69 (1.18)
T ₃ Elevation	4.74 (1.25)	4.45 (1.11)	4.54 (1.2)	4.65 (1.31)
T ₁ Connection	3.94 (0.76)	3.81 (0.64)	3.88 (0.78)	4.05 (0.64)
T ₃ Connection	3.90 (0.68)	3.80 (0.68)	3.91 (0.72)	4.03 (0.68)
T ₁ Relationship Closeness	5.33 (1.7)	5.13 (1.63)	5.48 (1.63)	4.98 (1.96)
T ₃ Relationship Closeness	5.06 (1.77)	5.16 (1.78)	5.26 (1.61)	4.82 (1.94)

Note. Values outside parentheses indicate outcome means, and parenthetical values represent standard deviations.

Table S5*Study 1 Target Bivariate Correlations*

Variable	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1. T ₁ Gratitude	—																			
2. T ₃ Gratitude	0.65	—																		
3. T ₁ Mood Slider	0.42	0.34	—																	
4. T ₃ Mood Slider	0.39	0.57	0.49	—																
5. T ₁ Satisfaction Slider	0.52	0.42	0.61	0.45	—															
6. T ₃ Satisfaction Slider	0.43	0.60	0.50	0.77	0.62	—														
7. T ₁ Positive Affect	0.56	0.45	0.62	0.47	0.59	0.51	—													
8. T ₃ Positive Affect	0.40	0.51	0.47	0.68	0.50	0.63	0.69	—												
9. T ₁ Negative Affect	-0.47	-0.31	-0.49	-0.22	-0.51	-0.28	-0.43	-0.25	—											
10. T ₃ Negative Affect	-0.44	-0.42	-0.38	-0.41	-0.41	-0.47	-0.35	-0.38	0.63	—										
11. T ₁ Life Satisfaction	0.55	0.39	0.44	0.36	0.66	0.51	0.59	0.40	-0.40	-0.36	—									
12. T ₃ Life Satisfaction	0.56	0.60	0.42	0.59	0.64	0.70	0.60	0.69	-0.31	-0.41	0.68	—								
13. T ₁ Indebted	-0.10	-0.10	-0.14	-0.09	-0.10	-0.09	-0.03	-0.05	0.15	0.22	-0.13	-0.10	—							
14. T ₃ Indebted	-0.18	-0.19	-0.11	-0.12	-0.14	-0.14	-0.08	-0.06	0.19	0.38	-0.13	-0.17	0.64	—						
15. T ₁ Elevation	0.53	0.32	0.42	0.27	0.32	0.30	0.61	0.45	-0.21	-0.16	0.45	0.41	0.03	0.01	—					
16. T ₃ Elevation	0.44	0.42	0.33	0.46	0.32	0.42	0.51	0.62	-0.13	-0.15	0.33	0.48	-0.03	0.10	0.64	—				
17. T ₁ Connection	0.45	0.35	0.47	0.34	0.48	0.45	0.51	0.44	-0.51	-0.49	0.49	0.46	-0.18	-0.14	0.32	0.32	—			
18. T ₃ Connection	0.50	0.51	0.46	0.49	0.44	0.52	0.48	0.52	-0.46	-0.53	0.43	0.54	-0.13	-0.16	0.33	0.39	0.73	—		
19. T ₁ Relationship Closeness	0.14	0.10	0.09	0.14	0.11	0.10	0.19	0.15	-0.08	-0.07	0.16	0.18	-0.04	-0.07	0.22	0.17	0.10	0.15	—	
20. T ₃ Relationship Closeness	0.10	0.12	0.00	0.18	0.04	0.13	0.08	0.16	-0.07	-0.12	0.06	0.19	-0.06	-0.08	0.16	0.17	0.08	0.17	0.75	—

Note. Correlations (Pearson *r*s) are all based on ≥ 225 participants. Correlations $\geq .13$ are significant at $p \leq .05$. Correlations $\geq .17$ are significant at $p \leq .01$.

Table S6*Study 1 Target Intention-To-Treat Regressed Change Models*

Variable	<i>b</i>	<i>b SE</i>	<i>t</i>	<i>p</i>	Partial <i>r</i>	Partial <i>r</i> 95% CI LL	Partial <i>r</i> 95% CI UL
Hypothesis 4: T₃ Shared vs. Unshared Groups:							
Gratitude	0.16	0.08	2.00	0.047	0.13	0.00	0.25
Mood Slider	2.32	1.80	1.28	0.200	0.08	-0.04	0.2
Satisfaction Slider	-0.50	1.76	-0.28	0.778	-0.02	-0.14	0.11
Positive Affect	0.20	0.11	1.78	0.077	0.11	-0.01	0.23
Negative Affect	0.02	0.10	0.25	0.802	0.02	-0.11	0.14
Life Satisfaction	0.01	0.11	0.10	0.917	0.01	-0.12	0.13
Indebted	-0.03	0.15	-0.22	0.829	-0.01	-0.14	0.11
Elevation	0.23	0.12	1.95	0.053	0.12	0.00	0.24
Connection	0.03	0.06	0.52	0.602	0.03	-0.09	0.16
Relationship Closeness	-0.23	0.16	-1.46	0.146	-0.09	-0.22	0.03
Hypothesis 5: T₃ Gratitude Shared vs. Other Conditions:							
Gratitude	0.24	0.10	2.48	0.014	0.16	0.03	0.27
Mood Slider	4.00	2.11	1.90	0.059	0.12	0.00	0.24
Satisfaction Slider	2.77	2.06	1.34	0.180	0.09	-0.04	0.21
Positive Affect	0.15	0.13	1.10	0.271	0.07	-0.06	0.19
Negative Affect	0.00	0.11	-0.02	0.984	0.00	-0.13	0.12
Life Satisfaction	0.04	0.12	0.32	0.752	0.02	-0.11	0.15
Indebted	0.33	0.17	1.94	0.054	0.12	0.00	0.24
Elevation	0.33	0.14	2.37	0.019	0.15	0.03	0.27
Connection	0.00	0.07	0.00	0.998	0.00	-0.13	0.12
Relationship Closeness	-0.27	0.19	-1.45	0.148	-0.09	-0.21	0.03

Note. Intention-to-treat analysis with all target participants randomized to condition included in the analysis.

Hypothesized condition dummy codes predicting targets' T₃ scores, controlling for T₁ scores.

CI = confidence interval; LL = lower limit; UL = upper limit.

Table S7*Study 2 Witness Means and Standard Deviations by Condition*

	Gratitude	Positive	Neutral
<i>Variable</i>	<i>M (SD)</i>	<i>M (SD)</i>	<i>M (SD)</i>
Pre Gratitude	5.46 (1.0)	5.39 (1.04)	5.29 (1.01)
Post Gratitude	5.30 (1.07)	5.38 (1.07)	5.28 (1.08)
Pre Positive Affect	4.00 (1.21)	3.92 (1.23)	3.90 (1.22)
Post Positive Affect	4.16 (1.35)	4.07 (1.47)	3.64 (1.43)
Pre Negative Affect	2.89 (1.19)	3.01 (1.29)	2.96 (1.2)
Post Negative Affect	2.65 (1.26)	2.69 (1.47)	2.88 (1.27)
Pre Life Satisfaction	4.80 (1.4)	4.51 (1.56)	4.65 (1.32)
Post Life Satisfaction	5.03 (1.48)	4.84 (1.5)	5.08 (1.46)
Pre Elevation	3.92 (1.24)	3.89 (1.24)	3.97 (1.13)
Post Elevation	4.16 (1.4)	4.11 (1.44)	3.73 (1.31)
Pre Connection	3.86 (0.86)	3.90 (0.85)	3.81 (0.83)
Post Connection	3.91 (0.91)	3.92 (0.87)	3.84 (0.87)

Note. Values outside parentheses indicate outcome means and parenthetical values represent standard deviations.

Table S8*Study 2 Witness Bivariate Correlations*

Variable	1	2	3	4	5	6	7	8	9	10	11	12
1. Pre Gratitude	—											
2. Post Gratitude	0.86	—										
3. Pre Positive Affect	0.44	0.42	—									
4. Post Positive Affect	0.47	0.45	0.74	—								
5. Pre Negative Affect	-0.54	-0.52	-0.44	-0.31	—							
6. Post Negative Affect	-0.50	-0.53	-0.37	-0.27	0.78	—						
7. Pre Life Satisfaction	0.53	0.50	0.55	0.45	-0.50	-0.41	—					
8. Post Life Satisfaction	0.60	0.59	0.43	0.38	-0.55	-0.48	0.76	—				
9. Pre Elevation	0.36	0.29	0.58	0.57	-0.12	-0.10	0.38	0.33	—			
10. Post Elevation	0.45	0.45	0.46	0.66	-0.18	-0.19	0.36	0.38	0.71	—		
11. Pre Connection	0.58	0.51	0.44	0.36	-0.32	-0.43	0.42	0.41	0.32	0.35	—	
12. Post Connection	0.62	0.62	0.41	0.40	-0.38	-0.47	0.45	0.48	0.33	0.41	0.86	—

Note. Correlations (Pearson r_s) are based on ≥ 266 participants. Correlations $\geq .18$ are significant at $p \leq .01$.

Table S9*Study 2 Witness Intention-To-Treat Regressed Change Models*

Variable	<i>b</i>	<i>b SE</i>	<i>t</i>	<i>p</i>	Partial <i>r</i>	Partial <i>r</i> 95% CI LL	Partial <i>r</i> 95% CI UL
Gratitude vs. Neutral:							
Gratitude	-0.16	0.08	-1.92	0.057	-0.14	-0.27	0.00
Positive Affect	0.37	0.13	2.92	0.004	0.21	0.07	0.33
Negative Affect	-0.12	0.11	-1.04	0.301	-0.07	-0.21	0.07
Life Satisfaction	-0.11	0.15	-0.75	0.456	-0.05	-0.19	0.09
Elevation	0.45	0.14	3.24	0.001	0.23	0.09	0.35
Connection	-0.04	0.07	-0.65	0.520	-0.05	-0.19	0.10
Gratitude vs. Positive:							
Gratitude	-0.18	0.08	-2.31	0.022	-0.16	-0.3	-0.02
Positive Affect	0.03	0.14	0.25	0.803	0.02	-0.12	0.16
Negative Affect	0.07	0.12	0.54	0.593	0.04	-0.1	0.18
Life Satisfaction	-0.08	0.13	-0.65	0.516	-0.05	-0.19	0.09
Elevation	0.03	0.14	0.21	0.834	0.02	-0.13	0.16
Connection	-0.01	0.07	-0.13	0.900	-0.01	-0.15	0.13
Gratitude vs. Both Controls:							
Gratitude	-0.17	0.07	-2.45	0.015	-0.14	-0.25	-0.03
Positive Affect	0.20	0.12	1.69	0.092	0.10	-0.02	0.21
Negative Affect	-0.03	0.11	-0.25	0.802	-0.01	-0.13	0.10
Life Satisfaction	-0.09	0.12	-0.74	0.463	-0.04	-0.16	0.07
Elevation	0.24	0.12	1.96	0.051	0.11	0.00	0.22
Connection	-0.03	0.06	-0.43	0.667	-0.03	-0.14	0.09

Note. Intention-to-treat analysis with all witness participants randomized to condition included in the analysis.

Hypothesized condition dummy codes predicting targets' T₃ scores, controlling for T₁ scores.

CI = confidence interval; LL = lower limit; UL = upper limit.