A FREE GIFT FROM THE CAREER PASSPORT®

The Toxic Gratitude Test

10 Questions to Tell If You're Thankful or Trapped.

By Angela Briggs-Paige · 10 questions · 10 minutes · Fillable

Before You Begin

Hey, friend.

Nobody warned me that gratitude could be used against me. By me.

I'm a Head Start kid. I know what it means when people sacrifice so you can sit in rooms they never got to enter. So when I landed the title, the budget, and the seat at the table, "be grateful" stopped being advice. It became the rent I paid to stay.

And I paid it. Every time something felt off, I heard it: **You have a good job. People would kill for this. Who are you to complain?**

I love gratitude. I'm not here to take yours. But when "I should be grateful" shows up every single time you start wanting more, that voice has a different job now. It's keeping you put.

Ten statements. Ten minutes. Let's find out which voice is doing the talking.

How to use it

1. Find ten quiet minutes. (Lunch in your car still counts.)
2. Score how true each statement has been for you over the last three months.
3. Go with your first answer. Don't argue with it.
4. Add up your total and find your result.

> **One rule:** grateful people take this test too. Plenty of them score high. Thankful and stuck can live in the same body.

STEP ONE

The Test

Score each statement:

0 Rarely · 1 Sometimes · 2 Often · 3 Almost always

#	STATEMENT	SCORE (0-3)
1	When I complain about work, I follow it up fast with "but I'm lucky to have a job."	
2	I've talked myself out of asking for a raise, a title, or more support because I "should be happy with what I have."	
3	I feel like I owe this organization my loyalty because they took a chance on me.	
4	I shrink my frustrations because somebody, somewhere, has it worse.	
5	Thinking about leaving makes me feel like I'd be betraying the people who helped me get here.	
6	I've said yes to something that went against my values because no felt ungrateful.	
7	I describe my job as "a blessing" more often than I describe it as something that makes me come alive.	
8	My family or community sees this job as proof I made it, and I'm scared to let them down.	
9	I put up with behavior at work I'd never accept anywhere else in my life.	
10	If I'm honest, I'm more afraid of looking ungrateful than I am of staying unhappy.	

My total Adds up on its own in most PDF apps. If yours doesn't, add it up yourself. ____ / 30

Now turn the page and find your result.

STEP TWO

Your Results

0 TO 10

Grounded in Gratitude

THANKFUL
GROUNDED · 0–10

Your thank-you is free. You appreciate what you have without paying for it with your peace, and that's rarer than people think.

Stay watchful. Toxic gratitude rarely shows up all at once. It sneaks in through one ignored no, one swallowed ask. Notice any statement that scored a 2 or 3. That's where it would start.

Your next step: Name one thing you're thankful for at work that costs you nothing. Then name one thing you're "thankful" for that costs you plenty.

11 TO 20

Gratitude on a Payment Plan

INSTALLMENTS
PAYMENT PLAN · 11–20

You're grateful, and you're also making installments. A skipped ask here. A swallowed opinion there. Each one feels small. Add them up over a year and it's a mortgage.

This is the sneakiest zone because it still looks like good character. You're not ungrateful for noticing the bill. You're grown.

Your next step: Circle your highest-scoring statement. Write down what it has cost you in the last year: the money, the opportunities, the sleep.

21 TO 30

Trapped by Thank-You

TRAPPED
BY THANK-YOU · 21–30

Come here. Let's talk.

You've been taught that wanting more is the same as being ungrateful. Somebody handed you that rule, maybe with love, and you've been living by it long after it stopped protecting you.

You can honor the people who opened the door and still walk through a different one. You can thank this job for what it gave you and still admit what it's taking. And you don't owe anyone your misery as proof of your appreciation. Not your boss. Not your family. Not your younger self.

Your next step: Finish this sentence, in writing, today: "I've been grateful for _____ long enough."

I've been grateful for _____ **long enough.**

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STEP THREE

One Last Question

Whatever your score, sit with this one:

If I didn't have to be grateful for it, I'd finally admit that:

You don't have to fix it today. You just have to stop paying for it with your silence.

Where You Go From Here

This test is one stop. **The Career Passport®: Chart Your Path. Own Your Adventure. Leave Your Legacy.** is the whole trip.

In Stamp Two, The Clarity to Choose, I'll walk you through the Career Compass™, my process for naming the three to five values that should be making your decisions. Once you know what matters most, guilt loses its vote.

It arrives February 2027. You're already on the list, so you'll be first to know when pre-orders open.

Gratitude without alignment is a cage.
You're allowed to be thankful and still go.

See you on the road,

Angela

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