Supplementary Materials

Study 1: Gratitude Letter Instructions

Recipient Nomination (Both Conditions):

In this study, you will prepare a letter expressing gratitude to someone who has had a meaningful impact on your life. Call to mind someone who did something for you for which you are extremely grateful but to whom you never expressed your deep gratitude. This could be a relative, friend, teacher, or colleague. Please pick someone who is still alive. Who would you like to write your letter to?

- Enter the name you use to refer to this person
- What type of relationship do you share with this person? For example, they are my grandfather, teacher, friend, etc.
- How long have you known this person?

Traditional Letter Instructions

Now, write a gratitude letter to [target name nominated above], guided by the following steps.

- Write as though you are addressing this person directly ("Dear [target]").
- Don't worry about grammar or spelling.
- This letter should be non-trivial. Specifically, you should avoid simply writing a "thank you note" for a material gift. Rather, be reflective and write expressively to convey your appreciation
- Describe in specific terms what this person did, why you are grateful to this person, and how this person's behavior affected your life. Try to be as concrete as possible.
- Describe what you are doing in your life now and how you often remember their efforts.
- Your letter should be 2-3 paragraphs long.

AI Letter Instructions

Next, you will use the Artificial Intelligence tool, Chat GPT, to help you generate a letter of gratitude to [target]. In the boxes below, please enter a brief phrase describing 1-3 contributions this person has made to your life. For example, "they helped me get into college," "they listened to me during a hard time," etc.

Write a letter to [target], who is my [relationship type] guided by the following steps.

- Write as though you are addressing this person directly ("Dear [target]
- The letter should be 2-3 paragraphs long.
- Don't worry about grammar or spelling.
- This letter should be non-trivial. Specifically, avoid simply writing a "thank you note" for a material gift. Rather, be reflective and write expressively to convey appreciation
- Describe in specific terms what this person did, why you are grateful to this person, and how this person's behavior affected your life. Try to be as concrete as possible.
- This person has [contributions listed previously]
- Describe what you are doing in your life now and how you often remember their efforts.

With the help of a researcher, participants pasted the prompt, filled in with gratitude details the participant had provided, into Chat GPT 4o. They then watched as their letter was prepared in the Chat GPT 4o window. When the letter was complete, the researcher helped the participant copy and paste the output from Chat GPT back into Qualtrics to maintain a record of their letter with their data.

Letter Recitation (Both Conditions)

Next, you will record yourself reading your letter out loud. Please get the researcher to assist you with this step.

Researchers helped participants open a Zoom call (in which they were the only attendee) and began a recording. Participants were instructed:

When you have finished reading your letter:

- Press "Stop Recording" at the bottom of the zoom window
- End the Zoom meeting
- This will launch a window to save your recording, please leave this open and return your focus to this page
- Click forward in this survey window to answer the remaining questions

If you need help navigating these steps, please notify the researcher and they will be happy to assist you.

Study 2: Author Ratings Factor Analysis

Factor analysis of the five author ratings using an eigenvalue > 1 threshold suggested that these data were best represented by a single factor (1 factor eigenvalue = 3.82, 2 factor eigenvalue 0.465, 3 factor eigenvalue 0.412).

Single Factor Loadings

The letter writer was genuinely expressing gratitude to the recipient.	.921
The letter writer was very sincere.	.910
The letter writer was expressing themselves in a very authentic way.	.875
The letter writer feels very grateful towards the recipient.	.874
The letter writer feels very close to the recipient.	.786

Three Factor Solution with Varimax Rotation

	Gratefulness	Authenticity	Closeness
The letter writer was expressing themselves in a very authentic way.	**.873**	.304	
The letter writer was very sincere.	**.806**	.440	
The letter writer feels very grateful towards the recipient.	.310	**.873**	
The letter writer was genuinely expressing gratitude to the recipient.	.501	**.767**	
The letter writer feels very close to the recipient.	.301	.308	**.902**