

Gratitude

Noticing Appreciation Without Erasing Difficulty

Adults | 10 to 15 minutes

Appreciation can be small and optional. You may notice a kind action, a useful object, a moment of ease, or nothing today. This exercise leaves room for what is difficult and does not require gratitude toward someone who harmed you.

Choose one recent detail you genuinely appreciate, if any. Pair it with an honest statement about what still needs attention.

Be specific

Describe what occurred and why it mattered to you. 'Someone waited while I found my words' can be more informative than a broad instruction to feel thankful.

Keep choice and complexity

Appreciation does not create a debt or cancel a boundary. Decide whether to keep the reflection private, express thanks voluntarily, or use it to understand a need.

1. What small experience, if any, do I appreciate?**2. What need or value did it connect with?****3. What difficulty or unmet need remains true alongside it?****4. Would I like to express thanks, protect this support, or simply notice it?****Clinical use and adaptation**

Do not use gratitude to minimize injustice, grief, abuse, or material need. Permit no answer and avoid claims of symptom relief. Any expression of thanks should be voluntary and safe.