

 Gratitude Exercise 10 min Client No

Gratitude for Important People

Other people can have an important effect on our happiness. Humans have a strong need to belong and value their connection with others (Baumeister & Leary, 1995). Relationships with others are central across the entire lifespan, from the early attachment with caregivers in infancy to the connection with friends, colleagues, neighbors, and loved ones later in life. Some scholars have even argued that positive social relationships are the most important source of life satisfaction and wellbeing (see for instance Reis & Gable, 2003). Moreover, studies have found a correlation between satisfaction with friends and satisfaction with life (Campbell et al., 1976; Liang et al., 1980; Rhodes, 1980). This exercise is about feeling and experiencing gratitude for important people in one's life .



Goal

The goal of this exercise is twofold. First, this exercise can help increase awareness of the importance of other people in one's life. Second, this exercise can be used to help clients experience the feeling of heartfelt gratitude.



Advice

- This exercise can be used in a session with an individual client but also works very well in groups. Clients may know someone in their life who has contributed significantly to their well-being. To raise awareness of gratitude, ask participants to pay attention to what they feel during the exercise, and discuss this afterward. As a practitioner, you may ask your clients what they notice when they talk about people for whom they are grateful. How do they characterize or describe the experience of gratitude?



References

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Instructions

Take a moment to think about the people in your life who have influenced you in positive and meaningful ways. These can be family members (parents, grandparents, children, spouse, etc.), teachers, bosses, or even an iconic role model. Think about how these people have influenced and contributed to your life. Now, take a few minutes to write down who they are, what is the nature of your relationship with them, and why you are so grateful to have them in your life.