DePungle Practice
COUNSELLING & PSYCHOTHERAPY
Leaving people better than they came.

GENTLE REFLECTION

Why I'm Grateful

Gratitude is not about pretending things are fine. It is about noticing what is also true on a hard day.

Notice it, then name why.

Date _____

Start here

For each one, try to finish the sentence with **because...** The reason matters more than the thing. "My sister, because she rang me without being asked" does more than "my sister".

Someone in my family — because...

A friend — because...

Something about me — because...

Yes, you are allowed to put yourself on this list.

Something small today — because...

A cup of tea counts. Warm socks count.

Something that made me laugh

Something I nearly did not notice

Something I am looking forward to

Even if it is only later today.

The harder question

Is there something difficult right now that has also given me something? You do not have to be grateful for the hard thing itself.

"Two things can be true at once."

For personal reflection. Not a substitute for therapy or medical care. If you are struggling to cope, speak to your GP, or call the Samaritans free on 116 123, at any hour.