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Generating Gratitude

This exercise is especially helpful when you find your stress level rising during the day, or as a way to reflect on the day and prepare yourself for sleep at night.

1. Find a comfortable, quiet place to relax and either sit or lie comfortably. Take a few deep, slow breaths, releasing bodily tension as you exhale. Close your eyes.
2. Reflect on your day and choose three things that you are grateful for. These do not have to necessarily be 'big' things. For example, you may be grateful for the delicious cup of coffee you had that morning, a co-worker helping you with something, not getting caught in traffic on the way home, your child sharing with you the artwork they completed in class that day, and so on. Take a few moments to relive and cherish these experiences.
3. Continue to think back over your day. Recall three things you did that you feel good about. Remember that these do not have to be major feats. For example, you may feel good about having been able to set a limit with someone, returning some phone calls you have been meaning to take care of, taking the time out for yourself to take a bath or a walk, or perhaps you did something thoughtful for your partner or child. Take a moment to re-experience those positive moments.
4. Start to be attentive of those moments of joy or pleasure during your daily life in order to increase your awareness of gratitude in the present moment, as well as for easier recall at the end of the day.