What does ignoring gratitude look like?:

- a focus on problems
- always having a negative perspective
- feeling alone
- always thinking of what's lacking

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Thanks to You:

On Gratitude

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Helping People Help Themselves

It is easy to think about the bad things in your life, and difficult to acknowledge the good ones.

Gratitude can help change that balance. So what is gratitude? It is the readiness to show appreciation for and to return kindness. It is an important part of interacting with other people in a positive way. When things look darkest, one way to shine a light is to think of the ways that you have been shown favour in the past.

The kindnesses that you share with the world change the world around you. Perhaps the kindnesses that you share have made you into someone else's safe person, someone that they know will always listen to them without judgment and only offers advice from the goodness of their heart. If you have a person who is that to you, paying forward some of that kindness would be an excellent way to show gratitude for their presence in your life.

What if you don't feel grateful?

It's all about faking-it-till-you-make-it .

Try:

- Genuinely thanking someone
- Looking for the 'bright side'
- Leaving space for negative feelings
  - Being grateful does not mean that you ignore bad feelings, it just means that you are making space for positive ones
- Living mindfully
  - Try and focus on living in the present moment and enjoying it for all that it is worth

It's okay to not be grateful

Sometimes life is awful and there's very little to be grateful for. In times like those, radical acceptance can help you to deal with issues.

Radical acceptance is not about making you feel better or worse; it is about accepting, without judgment, the situation in which you find yourself. As a concept, it comes from the Buddhist notion that suffering does not come from pain but from our attachment to pain.

When practicing radical acceptance, it is important to look at things without passing judgment. This helps you to identify when you are letting yourself feel worse than you need to-- when you are blaming yourself for things you cannot change or things that are not your fault.