

GETTING IN TOUCH WITH GRATITUDE AND EXPRESSING THANKS TO OTHERS

getting in touch with gratitude

Expressing gratitude within an NVC framework can be an opportunity for developing needs and feelings literacy while also gaining clarity and more fully engaging with that which contributes meaning to our lives.

Exercise:

1. Write a list of five things you are grateful for.
2. Under each item, write down the specific needs that were met.
3. Take the time to reflect on these needs met.
 - How do you feel in this present moment?
 - What thoughts come to mind?
 - What sensations do you notice in your body?

Example:

1. "I'm grateful that I was able to meet up with my friend G this week."
2. Needs met: to be seen and heard, closeness, self-expression
3. When I first wrote out my list, I was able to identify the circumstances in which my life was enriched. But when I went back through my list and took the time to write down the needs that were met in each circumstance, I experienced a deeper sense of not only specificity but also self-connection and awareness. In doing so, I was able to appreciate the gratitude for meeting up with my friend, but also gratitude for being seen and heard, for experiencing closeness, for the opportunity of self-expression.

expressing thanks to others

Exercise:

1. Write a list of five specific instances where you would like to /could express thanks to another person.
2. Under each item, write down the observable action, how you felt when you noticed this action, and what needs this action met.

When I {saw, heard, ...} _____

I felt _____

because I {was wanting, needing, hoping for, want to live in a world where} _____.

3. Formulate a sentence where you express thanks to this other person in a way that also contains your observations, feelings, and needs. This does not need to be—but it can be—the same sentence above.

Example:

1. "I'd like to express thanks to Sam for the signs he put in the break room."
2. "When I noticed the signs that Sam placed in the break room, I felt encouraged because I was hoping to be heard and to make a difference based off the suggestions I made in the team meeting."
3. "Sam, when I noticed you had put up the signs in the break room, I felt really encouraged because I understood the suggestions I made in the team meeting were heard and made a difference. This is the kind of work environment I would like to be a part of."