

Gratitude Practice Quick Reference

8 Techniques Adapted for Chronic Illness

SMALL GOOD THINGS

Notice 1-3 tiny, specific moments daily. Focus on sensory details. Example: "My coffee was perfect." "The heating pad felt good." "I managed to shower."

BODY GRATITUDE LETTERS

Write short letters to body parts that still work. "Dear Eyes, Thank you for letting me see..." You can be angry at broken body parts AND grateful for working parts.

THE "AND" PRACTICE (BOTH/AND THINKING)

Replace "BUT" with "AND". Example: "I'm in pain AND I'm grateful I can walk." (both are true). Hold two truths simultaneously without one canceling the other.

GRATITUDE FOR SUPPORT SYSTEMS

Acknowledge people, tools, meds, or systems that help you survive. Who checked on you? What adaptive tool helps? What medication works (even imperfectly)?

GRIEF AND GRATITUDE JOURNAL

Two-column journal: one for grief, one for gratitude. Both columns are equally important. Some days the grief column is longer - that's valid.

SENSORY GRATITUDE

Move through your 5 senses during pain. What can you see, hear, smell, taste, or touch that's not unpleasant? Pain isn't the only sensation present.

GRATITUDE FOR YOUR RESILIENCE

Acknowledge what you've survived and how hard you're working. "I made it through a flare." "I advocated for myself." "I showed up for myself." That's incredible.

FUTURE GRATITUDE VISUALIZATION

Imagine a future moment you'll appreciate. "This flare will end. I'll be grateful for that relief." creates hope alongside suffering. Reminds you that this is temporary.