

Expressing Gratitude to Others

Most people find genuine benefits in keeping a gratitude journal. Being aware of things in our lives for which we can be grateful is an important step.

Sometimes it can have added value if we express our gratitude to others.

There are several potential advantages to expressing our gratitude to other people.

1. It gives us more time to focus on gratitude, because it extends the moment of gratitude.
2. When we talk about the things we feel grateful about to others, they may tell us about things that make them grateful. This can lead to more positive conversations, which can help lift our mood.
3. Telling people directly that we are grateful to them for something they have done, or just for being in our lives, may deepen our gratitude experience and improve our relationships.

Having more positive relationships with other people is another pathway to happiness.

In general, expressions of gratitude keep us in a more positive frame of mind.

In short, expressing gratitude to others increases our own happiness and that of others and thus improving our relationships which increases our happiness (what goes around comes around)

Adapted from *Mind Over Mood: Change How You Feel by Changing the Way You Think* (2015) by Dennis Greenberger and Christine A. Padesky.