



Changing Our Minds

Research shows that there are certain attitudes that promote and sustain resilience. Resilient families and teams are much more prepared to handle tough times and rough patches. So let's take a close look at how gratitude builds resilience in families and teams. It only takes one member to help everyone else refocus on what they have to be grateful for. This refocusing can loosen the grip of resentments and disappointments that may be draining the hope and strength from your family or team.

Changing our minds into an attitude of gratitude takes a lot more than repeating a little platitude. Let's hear some quotes on gratitude from some people who had first-hand experience.

Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts.

~ Henri Frederic Amiel, Swiss Philosopher

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity.... It turns problems into gifts, failures into success, the unexpected into perfect timing, and mistakes into important events. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.

~ Melodie Beattie, Author and Person in Recovery

Five Graticories



Please follow your facilitator's instructions to complete this exercise.

1. Family: _____

2. Friends: _____

3. Home: _____

4. Health: _____

5. Work, School, or Community: _____
