WORKSHEET 108 · FOR THE PSYCHOLOGIST

The gratitude letter

Thanking someone who has mattered

AIM

Express concrete gratitude towards a person who has mattered, which strengthens the bond and positive emotions.

WHO IT IS FOR

Isolation, distant relationships, grief (unsent letter), mild low mood.

DURATION

20-30 min to write it; giving it is optional

HOW TO RUN IT

1. Help the person choose someone who has mattered and whom they have never really thanked.
2. Write what that person did, specifically, and what it changed for them.
3. Choose to give it, read it aloud, send it or keep it.
4. Go back over the emotion felt in session, including if the person has died or can't be found.

POINTS TO WATCH

> If the relationship is ambivalent or painful, it is better to choose someone else. With a person who has died, an unsent letter can be part of grief work. Positive psychology complements support, it doesn't replace it. With marked depression, these exercises can increase the sense of failure if offered too early or as an obligation to "be fine": adapt the pace and first validate the difficult emotions.

REFERENCES

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PSYCHOLOGIST'S NOTES

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WORKSHEET 108 · WORKSHEET TO HAND OUT

The gratitude letter

Think of someone who helped you, supported you or taught you something important, and whom you have never really thanked. Writing in detail about what they did strengthens the bond and does you both good.

1. The person I am writing to: _____
2. What they did, specifically (a precise memory).
3. What it changed for me, what it allows me to do today.
4. I choose: to give it to them, read it to them, send it or keep it.

What they did	What it changed for me

What I felt writing it (and giving it, if I did):

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

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