

GRATITUDE

FROM A TO Z

Goal of the exercise is to come up with a list of things you are grateful for, starting with each letter of the alphabet. We encourage you to think creatively and consider big and small things that bring you joy and gratitude.

A

B

C

D

E

F

G

H

I

J

K

L

M

N

O

P

Q

R

S

T

U

V

W

X

Y

Z

GUIDE FOR CLINICIAN

- **INTRODUCTION:** BEGIN BY INTRODUCING THE CONCEPT OF GRATITUDE AND EXPLAINING ITS IMPORTANCE IN THE RECOVERY PROCESS. EMPHASIZE THAT GRATITUDE CAN HELP INDIVIDUALS SHIFT THEIR PERSPECTIVE FROM FOCUSING ON WHAT THEY LACK TO APPRECIATING WHAT THEY HAVE.
- **PROVIDE EXAMPLES:** OFFER EXAMPLES TO GET PARTICIPANTS STARTED. FOR EXAMPLE, FOR THE LETTER "S," THEY MIGHT BE GRATEFUL FOR THEIR SOBRIETY, FOR "F," THEY MIGHT BE GRATEFUL FOR THEIR FAMILY'S SUPPORT, AND SO ON.
- **SET A TIME LIMIT:** DEPENDING ON THE GROUP SIZE AND TIME AVAILABLE, SET A TIME LIMIT FOR COMPLETING THE EXERCISE. THIS CAN HELP KEEP THE ACTIVITY FOCUSED AND ENSURE EVERYONE HAS A CHANCE TO PARTICIPATE.
- **INDIVIDUAL REFLECTION:** GIVE PARTICIPANTS TIME TO REFLECT SILENTLY AND COME UP WITH A LIST OF THINGS THEY ARE GRATEFUL FOR, FROM A TO Z. ENCOURAGE THEM TO WRITE DOWN THEIR THOUGHTS IN A JOURNAL OR ON A PIECE OF PAPER.
- **GROUP SHARING:** AFTER THE ALLOTTED TIME, INVITE PARTICIPANTS TO SHARE THEIR LISTS WITH THE GROUP IF THEY FEEL COMFORTABLE DOING SO. ENCOURAGE THEM TO SHARE SOME OF THE ITEMS THAT WERE PARTICULARLY MEANINGFUL OR SURPRISING TO THEM.
- **DISCUSSION:** FACILITATE A DISCUSSION AROUND THE EXERCISE, INVITING PARTICIPANTS TO REFLECT ON THEIR EXPERIENCE. ASK QUESTIONS SUCH AS:
 - WHAT WAS IT LIKE TO COME UP WITH A LIST OF THINGS YOU ARE GRATEFUL FOR?
 - DID ANYTHING SURPRISE YOU ABOUT YOUR LIST?
 - HOW DID FOCUSING ON GRATITUDE MAKE YOU FEEL?
 - HOW CAN YOU INCORPORATE GRATITUDE INTO YOUR DAILY LIFE MOVING FORWARD?
- **CLOSURE:** CLOSE THE EXERCISE BY EXPRESSING APPRECIATION FOR EVERYONE'S PARTICIPATION AND REMINDING PARTICIPANTS THAT CULTIVATING GRATITUDE IS AN ONGOING PRACTICE THAT CAN SUPPORT THEIR RECOVERY JOURNEY.