Gratitude Meditation Script

Self-Care: A Guided Practice for Noticing the Good

A gratitude meditation is a quiet practice where you bring to mind, one at a time, the good things in your life and the people behind them. This script draws on the work of psychologist Robert Emmons, a leading researcher on gratitude. It takes about ten minutes. You can read it slowly to yourself, record it in your own voice, or ask someone to read it to you.

1 Before you start

- Sit or lie down somewhere comfortable. Close your eyes, or rest your gaze on the floor.
- Go slowly. Pause for a few breaths after each step.
- You do not need to feel a rush of warmth. Simply noticing is enough.
- Your mind will wander. When it does, notice where it went and gently come back.

Choose first. A person I am grateful for:

Why does this work? *Emmons describes gratitude as having two parts. First, you notice that there is good in your life. Second, you see that much of that good comes from outside yourself, often from other people. This script walks you through both. Research on gratitude meditation itself is still limited. Emmons and McCullough found that people who regularly wrote down what they were grateful for felt better about their lives, and a meditation gives you a quiet way to practice the same kind of noticing.*

2 The script: noticing the good

1. Settle in (about 1 minute). Take a few slow breaths. Feel where your body touches the chair or the floor. Let your shoulders drop.

2. Your body (about 2 minutes). Notice your breath moving in and out without any effort from you. Think of one thing your body let you do today, like walking, tasting your food, or hugging someone. Silently say, *Thank you for this.*

3. Small comforts (about 2 minutes). Bring to mind a few simple things from today or this week: a warm shower, a good meal, a song you liked, a quiet moment. Stay with each one for a breath or two. Picture it clearly and notice how it felt.

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*

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3 The script: the people behind it

4. Someone who helped you (about 2 minutes). Picture the person you chose. Remember one thing they did for you, big or small. Notice what it gave you, and what your life might be like without it. Silently say, *Thank you. I am grateful for you.*

5. The helpers you never meet (about 1 minute). Think of the people you will never meet who still made your day easier: the people who grew your food, built your home, or kept the lights on. Send them a quiet thank-you.

6. Close (about 1 minute). Come back to your breath. Notice how you feel right now. When you are ready, wiggle your fingers and toes, and slowly open your eyes.

Short on time? Steps 1, 3 and 6 make a practice of about four minutes.

4 After you practice

What came to mind that surprised you?

Date	Minutes	One thing I felt grateful for
Mon	*10*	*My neighbor, who checks on me every week*

Thinking about people can bring up grief or loss. If that happens, you can choose someone else, or simply rest with your breath. If sad feelings stay with you, a therapist can help.

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