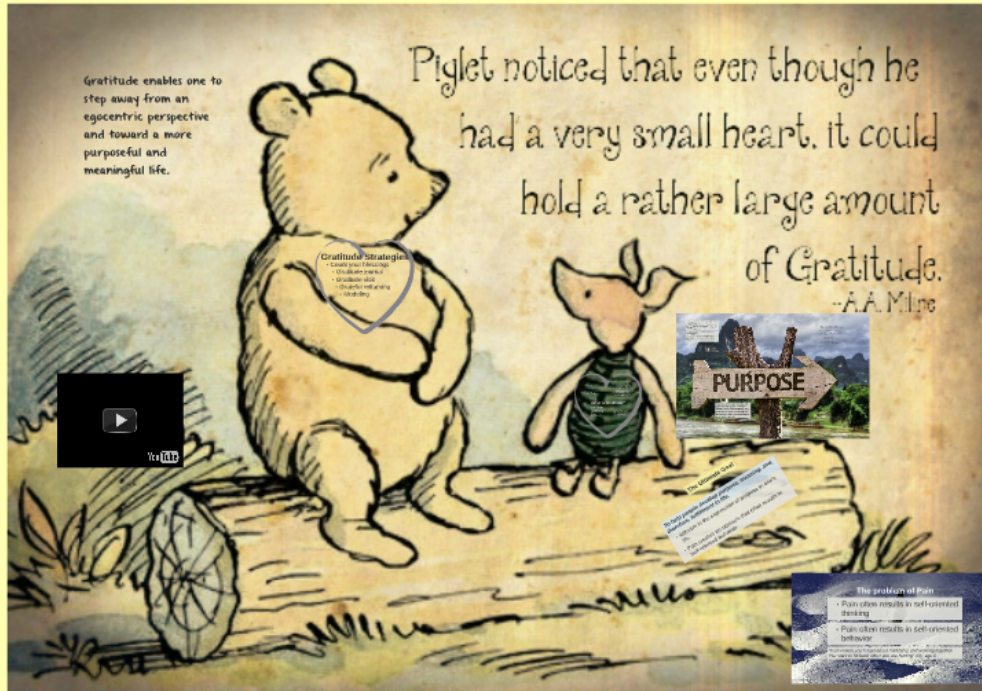
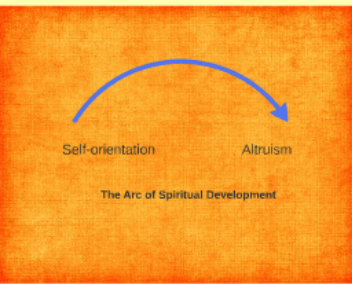


Helping Clients Develop Gratitude and Purpose

By Steve Wirth, MA, LPC, EMDR
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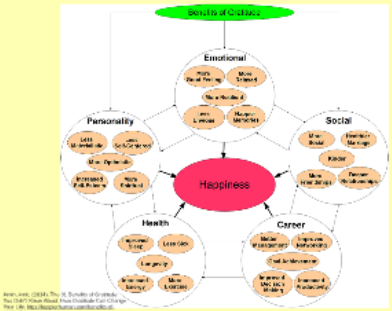
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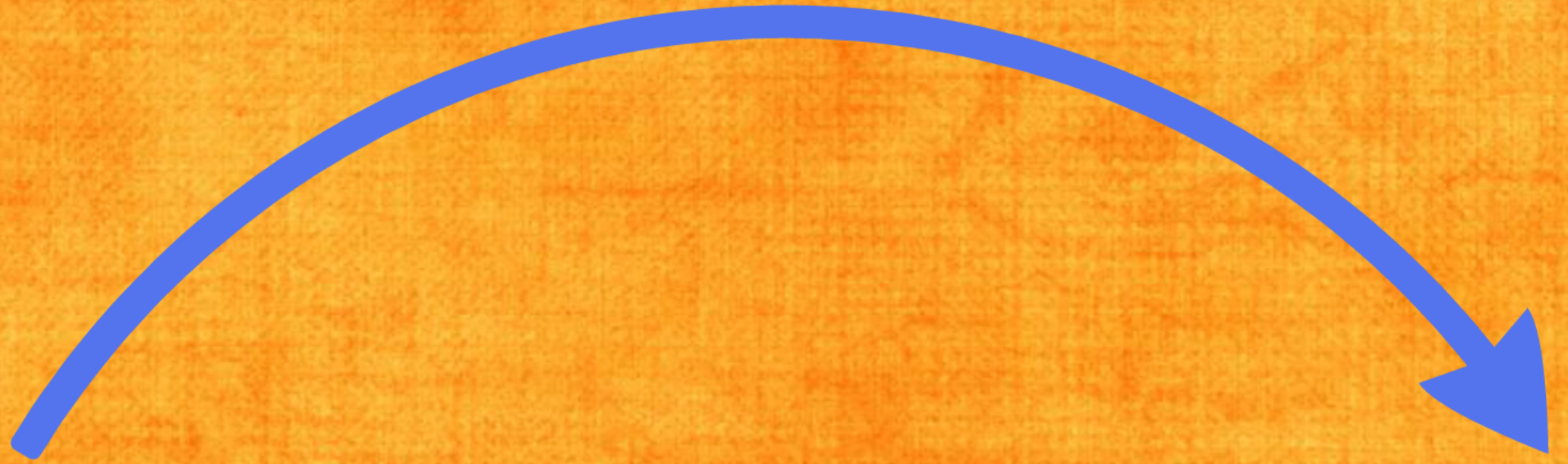
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by: Steve Wright, MA, LCPC, RDDP
steve.wright@timberlineknolls.com

TIMBERLINE  KNO

Making a real life difference



Self-orientation

Altruism

The Arc of Spiritual Development

Piglet noticed that even though he
had a very small heart, it could
hold a rather large amount
of Gratitude.
--A.A. Milne



The ability to have a purpose is one of the most important things you can have. It gives you a sense of direction and helps you to stay motivated. It also helps you to overcome challenges and achieve your goals.

- The Benefits of Purpose**
- Increases your energy levels
 - Improves your mental health
 - Increases your productivity
 - Helps you to overcome challenges
 - Gives you a sense of direction
 - Helps you to stay motivated
 - Increases your happiness

PURPOSE

enables one to
from an
perspective
a more
nd
ife.

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had a very small heart, it could
hold a rather large amount
of Gratitude.
-A.A. Milne

Gratitude Strategies

- Count your blessings
- Gratitude journal
- Gratitude visit
- Grateful reframing
- Modeling



What is Gratitude?

The Ultimate Goal

- To help people develop purpose, meaning, and, therefore, fulfillment in life.
- Altruism is the expression of purpose in one's life.
- Pain creates an obstacle that often results in self-oriented behavior.

The problem of Pain

- Pain often results in self-oriented thinking
- Pain often results in self-oriented behavior

"Pain makes you forget about friendship and working together."

YouTube

The Ultimate Goal

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"a why to live for can bear almost any how."
Nietzsche

"of life is not to be happy. It is to be useful,
able, to be compassionate, to have it make
sense that you have lived and lived well."
Emerson

"of life is to contribute in some way to
something better."
Kennedy

"He forgets himself - by giving himself to a
cause or another person to love - the more
he lives."
Frankl

The Benefits of Purpose

- Insulation from mental illness
- Supports recovery from mental illness
- Increases longevity
- Fewer health problems
- Stronger sense of well-being
- Positive social impact
- Aids in recovery from trauma



PURPOSE

If a person can be helped to develop and understand their reasons for being in relation to their pain and suffering, they can develop the capacity to manage their distress more effectively and experience a higher satisfaction in life.

“He who has a why to live for can bear almost any how.”
— Friedrich Nietzsche

“The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well.”
— Ralph Waldo Emerson

“The purpose of life is to contribute in some way to making things better.”
— Robert F. Kennedy

“The more one forgets himself - by giving himself to a cause to serve or another person to love - the more human he is.”
— Viktor E. Frankl

The Benefits of Purpose

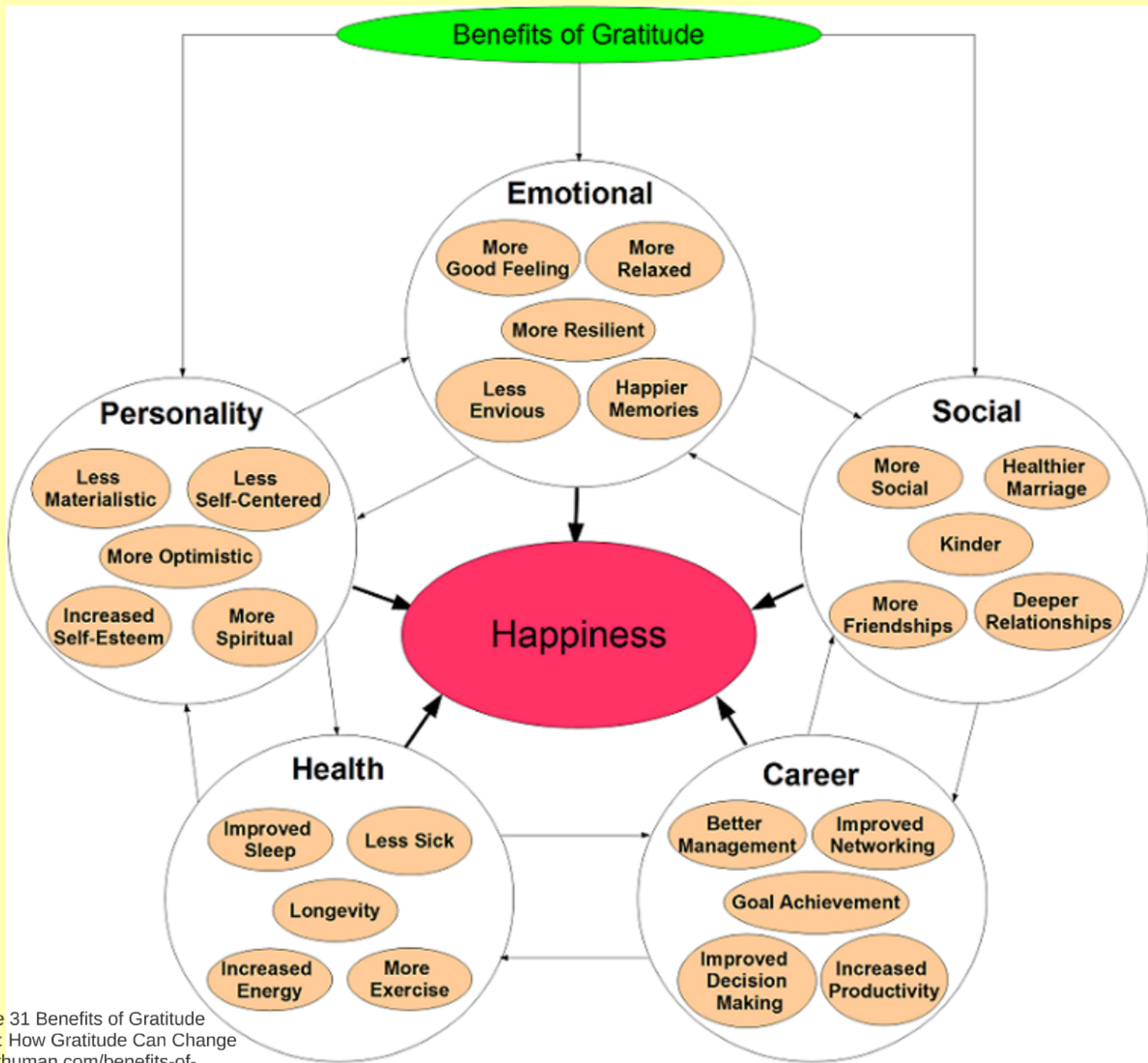
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The problem of Pain

- Pain often results in self-oriented thinking
- Pain often results in self-oriented behavior

"Pain makes you forget about friendship and working together. You want to hit back when you are hurting" Ally, age 8



Gratitude is a "Moral Affect"

- It is a positive emotion that promotes altruistic behavior
- It is a response to a benefactor who benefits the recipient at cost to self and without expectation of reciprocity.

Gratitude is a Moral Barometer

- Gratitude acts as an indicator for a person who receives benefit

Gratitude is a Moral Motivator

- Gratitude motivates the recipient of benefit toward altruistic behavior

Gratitude is a Moral Reinforcer

- Gratitude motivates the benefactor toward further altruism.

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What is Gratitude?

The Benefits of Gratitude

- More focus on others
- Altruism becomes more likely
- Stronger sense of well-being
- Hope
- Life satisfaction
- Improved physical health
- Better relationships

"So gratitude seems to broaden people's modes of thinking as they creatively consider a wide array of actions that might benefit others." (Emmons 2004)

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Gratitude Strategies

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Gratitude enables one to step away from an egocentric perspective and toward a more purposeful and meaningful life.

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