

Name _____

The Power of Gratitude: Why We Should Be Thankful

Open-Ended Response Answer Key

1. Gratitude reduces feelings of anxiety and depression by shifting our focus from what's missing or negative aspects of life to what's already present and positive. When we acknowledge and appreciate what we have, it creates a sense of contentment and satisfaction, reducing the impact of negative emotions.
2. Expressing gratitude strengthens relationships by creating a positive and appreciative atmosphere. For example, when we thank a friend for their support, it shows that we value and appreciate them. This fosters trust and encourages a deeper connection between friends. Additionally, expressing gratitude can lead to acts of kindness and reciprocity, further enhancing relationships.
3. Practicing gratitude helps individuals become more resilient during challenging times by providing emotional support and motivation. For instance, when facing a difficult situation, reflecting on the things we're thankful for can remind us of the positive aspects of life and provide comfort. This can motivate us to tackle challenges with a more positive attitude and determination.
4. Gratitude and generosity are closely linked because when we are thankful for what we have, we are more likely to share our blessings with others. For example, if we appreciate the support of our community, we may be inspired to give back through acts of kindness or volunteering. Gratitude fosters a sense of interconnectedness and a desire to contribute positively to the well-being of others.

