

GRATITUDE LETTER INTERVENTION

Weeks 1-6

Please take a moment to think back over the past several years of your life and remember an instance when someone did something for you for which you are extremely grateful. For example, think of the people – parents, relatives, friends, teachers, coaches, teammates, employers, and so on – who have been especially kind to you but have never heard you express your gratitude. Although you should try to write your letter of gratitude to a new person each week; if you prefer, you can write another letter to the same person you wrote to previously.

Now, for the next 10 minutes, write a letter to one of these individuals. Use the instructions below to help guide you through this process:

1. Use whatever letter format you like, but remember to write as though you are directly addressing the individual you are grateful to. If it is helpful to head the letter “Dear so-and-so,” or end with “Sincerely, XXX,” feel free to do so.
2. Do not worry about perfect grammar and spelling.
3. Describe in specific terms why you are grateful to this individual and how the individual’s behavior affected your life.
4. Describe what you are doing now and how you often remember their efforts.
5. Write a letter like this once a week for six weeks.