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| **Gratitude for my parent(s)**  More than any other attitude being grateful for what we have determines how happy we are with our life. Psychologists say that one of the most important steps in becoming a healthy person is to recognize and appreciate the good things we did receive from our parent(s). Go down the list of possible benefits you’ve received through being in a relationship with your parents. On a separate piece of paper, write down the benefits you feel you have received – the things you like or have liked. (E.g. Write … I like the fact that I had someone to hug everyday). Alternatively, think of a special moment in your relationship with your parents, a beautiful memory from the past, and write a summary of that. This exercise is basically for you – so you can find a deeper appreciation for the good you received from your parent(s) – but there’s nothing to stop you from sharing some of your thoughts with them. | |
| **Practical Developments and Benefits** | |
| **Mastery** | Our relationship has allowed me to learn new aspects of love and other skills – allowing me to grow towards having mastery - and knowing that I have these skills is important to me. |
| **Task Creativity** | I enjoyed the practical job of making a home with my family (For example: Learning how to make the home look nice or how to cook) - and I’ve enjoyed this area of our relationship |
| **Management** | Our relationship has helped me become more organized and disciplined and this was good for me to learn. |
| **Material Gain** | I know that by being in a relationship with my parents I am probably financially better off. |
| **Safety** | I know that by being in our relationship I have been more physically secure and free from physical risk or harm. |
| **Physical Well-Being** | Our relationship has encouraged or inspired me to eat more healthily and take care of my health and I appreciate that. I also have someone to share my problems with and that benefits me. |
| **Social benefits – What I Receive By Being Part of a Family** | |
| **Individuality** | Having the support of my parents has allowed me to develop educationally and other areas of my life. |
| **Personal Social benefits** | I know I usually have enjoyed many social benefits in our relationship (e.g.; companionship, someone to hug, children of their friends, someone to do the laundry, etc) |
| **Resource Acquisition** | My parents and extended family have often given me support, assistance, advice, or validation and this has been important to me |
| **Equity** | Despite our differences, my parents have usually tried to be fair - doing their responsibility – expecting something but not too much in return |
| **Social Benefits – A Chance To Give Of Myself – To Develop My Character** | |
| **Belongingness** | I appreciate that I’ve had the chance to learn how to create moments of connectedness and a sense of community with my parents and extended family. |
| **Social Responsibility** | Our relationship has allowed me to become responsible through sometimes taking care of my parents or allowed me to give something more to our local community |
| **Resource Provision** | I think it’s important that I’ve developed my ability to care about people through supporting, assisting, advising, or validating my parents and my extended family. |
| **Affective Benefits - Past good feelings** | |
| **Excitement** | When I look back now I can say I value many of the exciting moments and challenges that have been part of our relationship - it allows me to feel I can experience many things life can offer. |
| **Tranquility** | When I look back I know I have enjoyed many moments of relaxation, comfort and well-being |
| **Happiness** | When I look back I have had many moments of laughter, beauty or happiness in our relationship. My parents have many charming points – and I have fallen in love with them again and again. |
| **Bodily Sensations** | I’ve enjoyed many hugs from my parents – and I value this |
| **Cognitive Benefits - Developing Wisdom** | |
| **Curiosity** | Life is about learning - and I’ve enjoyed the conversations and answers my parents have offered me as I’ve tried to find out how to build a good life |
| **Understanding** | Our relationship has enabled me to have deep realizations about who I am and how I can become a better person - and this has been good for me. |
| **Intellectual Creativity** | I’ve enjoyed being able to develop my own personal philosophy about love and life - and without our relationship it wouldn’t have happened. |
| **Positive Self-Evaluations** | By getting things right in our relationship I have often had a sense of pride, self-confidence, or self-worth. |
| **Transcendent Goals** | |
| **Unity** | I want to experience a profound or spiritual sense of connectedness, harmony, or oneness - and my parents and I have experienced such moments |
| **Transcendence** | My relationship with my parents has often allowed me to find meaning in my life, a purpose for living - the development of my love to ever-higher levels. |