



## Gratitude Expression Activity Worksheet

**Research now shows that acknowledging and expressing gratitude can alleviate depression. Complete the following activity – do it regularly for best results.**

1. Write a letter to someone in your life who did something special for you that you have never thanked him/her for. Write in detail about how their actions have positively impacted your life. Express your appreciation and gratitude in the letter.
2. Call the person you wrote the letter to and ask to visit him/her. Do not tell him/her why you want to visit – keep it casual.
3. During your visit read the letter to the person you want to express appreciation for – include everything you wrote.

While this activity may leave you feeling self-conscious and vulnerable, you have given the recipient a gift. Enjoy the feeling of gratitude expressed in the letter.