



# Build a Bridge - Story Based Gratitude Practice

## 1. Recall the story:

- ☐ Think of a specific moment when someone genuinely thanked you or showed appreciation.
  - Who was it?
  - What did you do for them?
  - Where were you?

## 2. Relive the emotion

- ☐ Replay it — their words, tone, and expression.
  - How did they express their gratitude?
  - What did you feel in your body?
  - What emotions could you sense in them?

## 3. Reflect on meaning

- ☐ What did it mean?
  - What did it reveal about your relationship or values?
  - How did it impact you?

## 4. Integrate the feeling

- ☐ Transport yourself back.
  - How did they express their gratitude?
  - What did you feel in your body?
  - What emotions could you sense in them?

## 5. Now come back to today

- ☐ Now, days, months, years later, answer the below.
  - "I feel grateful because..."
  - "This moment reminds me that..."

- ☐ Tips for a deeper practice - 🌱 Choose one vivid story rather than many faint ones. 🧠 Stay with the felt sense before analysing. 🕯️ Keep it short and specific. 🔄 Repeat weekly to deepen the effect.