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Research Project

My Take On Gratitude

Introduction

Terms like "gratitude" and "well-being" each have their own separate ideal definition, there are a class of people who have their own scholarly opinion on what each means. For example, when we think of the word "gratitude" our minds generally think of appreciating something or giving someone a wholehearted "thank you" when she gives you a compliment or gives you her cell phone charger to borrow. However, psychologists would argue that "gratitude" has a far deeper, much more intuitive meaning behind it while agreeing with the overall "thank you" ideology. Having said all this, some may say that the "Three Good Things" gratitude process is ineffective in improving a person's well-being if some unfortunate events happened during someone's week that may cause her mind to focus more on the unfavorable events rather than the favorable ones, in which case the "Three Good Things" gratitude process may become a rote, chore-like routine.

As children, when we were growing up, we—more times than not—are instilled with the lesson that we should be “grateful for the things that we already have” whether something isn’t going the way we want it to or if we desire something that is seemingly out of reach. Then there are the self-help gurus who argue that being grateful for what we already have energetically

opens us up to receiving more of that which we are grateful for, more of the things we want, or possibly both. But does it really? For some, the answer is yes; but for others such as me the answer is often no. There is an exercise called the “Three Good Things” gratitude process that entails keeping a journal in which you list at least three good things that has happened that day that you are grateful for (i.g. an attractive person sitting next to you on the train ride home, finding a \$20 bill in the middle of the sidewalk during the walk home, receiving an unexpected phone call or e-mail from a long-time friend or relative you’ve not seen in a long time, etc.), and repeat this process every day for at least a week, and this supposedly is supposed to improve your well-being, which it has failed to do for me personally. For me, personally, the “Three Good Things” gratitude process failed to have a positive impact on my emotional well-being because I do not find that my emotional well-being is up to par for gratitude to have a good effect on me (what I mean by this is explained below).

Literature Review

To get a better understanding as to how practicing gratitude does not necessarily improve a person’s well-being let’s look at some key terms that are relevant to this investigation, the first of which being “positive psychology.” Christopher Peterson, a University of Michigan psychology professor, defines positive psychology as “the scientific study of what makes life most worth living.” Putting this into perspective, it is highly likely that Peterson possibly refers to this “scientific study” as taking a survey of a certain group of people and gathering their personal beliefs or opinions as to what they think makes their lives worth living, to which some might say their families, their friends, financial security and stability, etc. However, given that certain things have a different level of importance to different people, it’s important to know that

what is considered to be joyful and satisfying for one class of people may differ from that of another.

The next term we will examine is “gratitude” a term that was previously defined in the introduction. But Dr. R. Sansone, MD, a Director of Psychiatry Education at Kettering Medical Center in Kettering, Ohio, defines that gratitude “has been conceptualized as a moral virtue, an attitude, an emotion, a habit, a personality trait, and a coping response. A number of researchers have defined gratitude as a positive emotional reaction in response to the receipt of a gift or benefit from someone.” This said, even in feeling this type of an emotional response to something positive, it will not be enough to improve someone’s well-being because after the satisfaction of positive event, gift, or circumstance has shortly-subsidied, my well-being remains unchanged, thus, emotional well-being lasts longer than gratitude.

Let’s now take a look at what well-being is. This is University of Cambridge Psychology Professor Felicia A. Huppert’s description of psychological well-being:

Psychological well-being is about lives going well. It is the combination of feeling good and functioning effectively. Sustainable well-being does not require individuals to feel good all the time; the experience of painful emotions (e.g. disappointment, failure, grief) is a normal part of life, and being able to manage these negative or painful emotions is essential for long-term well-being. Psychological well-being is, however, compromised when negative emotions are extreme or very long lasting and interfere with a person's ability to function in his or her daily life.

This stated, assuming Huppert’s definition of well-being is accurate, well-being is essentially how well everything is going in our day-to-day lives and how well we can function as a person.

A research study done at ncbi.nlm.nih.gov conflicts the opinion of the aforementioned research. In the section of *this* article entitled “Conflicting Empirical Data” there is no correlation or connection between gratitude and well-being, or at least not much. Here are their findings:

Gurel Kirgiz compared a gratitude condition (i.e., composing a letter to someone who made a positive difference in the life of the participant) with a neutral emotional condition, but present levels of gratitude did not evidence a relationship with well-being. Among divorced middle-aged women, Henrie compared those who journaled gratitude experiences with those who read educational materials and those on a wait-list group; the treatment groups showed no improvement in their satisfaction with life. Finally, Mallen Ozimkowski examined the effect of a ‘gratitude visit’ (i.e., the writing and delivering of a letter of gratitude to someone in their lives who was never properly thanked) in children and adolescents. In this study, the gratitude exercise was not associated with enhanced well-being.

Despite this one portion of the article makes the claim that gratitude does not improve a person's overall well-being, I'm inclined to agree, as the “Three Good Things” process did not improve mine as the week went on, the process felt more and more like a chore.

Personal Findings

Based on my personal findings, gratitude did little to nothing to improve my well-being. Speaking from personal experience, if something negative happened during my day that has a negative impact on my emotional and/or physical well-being, the good things that happened that same day—or the effects that they have had on my emotional and/or physical well-being—are overridden, though I may still be grateful they happened. But feeling grateful for these

experiences do nothing to improve how I may personally feel overall. The themes I've experienced during the collection of the data derived from the "Three Good Things" process is feeling "forced" into doing this to see if there will in fact be a change to my well-being (there was none), and there being an effort in looking at things in life from a new perspective. The ideology behind looking at life from a different perspective is similar to gratitude but I find this to be more effective and is what I personally would recommend if someone wants to improve their well-being. As an example of this, and the aforementioned data, let's say I discovered my spouse has been unfaithful toward me, and I would feel devastated, heartbroken, emotionally hurt, angry, sad, etc. depending on how long I had been with this other person and how long we had been romantically/sexually committed to each other. But at some point during the relationship, this person bought me my favorite assortment of chocolates, roses, and took out the time and effort to build me a beautiful birthday cake the year before. The example I am making here is though I may be grateful and feel the gratitude for the birthday gifts as well as the lengths and time my spouse has taken to produce them for me, the gratitude does next to nothing to override the pain and hurt I would endure from this person being unfaithful to me. So, no, gratitude does NOT necessarily improve a person's well-being in my opinion.

Conclusion

I will most likely not be continuing conducting the "Three Good Things" process due to my current emotional status. This being due to my emotional outlook not being at a high-enough state for me to commit to doing another "Three Good Things" process. Once I begin looking at things in my life from a more positive perspective and outlook, I highly anticipate I will resume the "Three Good Things" process and that it will feel good for me to commit to. The main take-aways from your research project are that this research project has given me reminders of some

of the teachings of Abraham-Hicks and the Law of Attraction: the reason why we want anything in life, ever, is that we believe we will feel better in the acquisition of having it. How does this relate to gratitude? I've learned while working on this that gratitude is a feel-good state. It is widely believed that when we receive something we want in life; we feel better emotionally. When we do not acquire that thing, we do not feel that feeling of positivity or that of gratitude. Also, despite committing to feeling grateful for what is already possessed, the feeling from such a practice is generally not all that great due to that feeling of lack. So therefore, the phrase "gratitude improves well-being" should be reversed into "well-being improves gratitude." The following are questions I would ask if I were interested in researching this topic farther? Who coined the ideology or belief that gratitude improves well-being? What was their state or belief system when they started that ideology? Lastly, what was this person's outlook on life in general? What do they suggest for people who are not very happy in life and would like to change this?

Notes

In the first draft's version of my Introduction, Maia commented and suggested that it sounds more like a "blog post."

I am possibly considering using one of "Three Good Things" entries as a preamble to the next draft of my Research Essay.

As of me handing in this draft (as well as prior ones) I forgot the commentary my other EMMA squad members (Marquita, Maia, and Erin) have given as well as the suggestions they listed in their notes to me. I'll have to recover this sheet and use that as a basis to making any and all suggested changes.

Works Cited

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