



By Cyndie Gilliam, SCTCA TANF Therapist

The month of November has us reflecting on what we are grateful for.

Many people choose to reflect on this daily by stating something they are grateful for each day. I want to share with you The **G.L.A.D.** technique developed by Donald Altman. The goal of this exercise is to challenge the negative thoughts that we often have and become more aware of the positive things that surround us every day.

The **G.L.A.D.** technique is an acronym for Gratitude, Learning, Accomplishment and Delight. I want to go over each area in detail so you can learn how to bring more positiveness into your daily life.

Gratitude - The meaning of gratitude is to show thankfulness and appreciation. Recognizing this will help you to notice the good things that you experience in your day. The more you practice this the easier it will become. It doesn't have to be a life-changing event. You can feel gratitude for simple things like having food, clean water or a roof over your head.

Learning – Every day gives us an opportunity to learn something new. This could be anything that you didn't know yesterday but learned today. Something about yourself or a loved one, a fun fact or even seeing something you thought you knew in a different way.

Accomplishment - Often times we think of accomplishments in terms of major life goals but in reality, they do not always have to be extraordinary. An accomplishment can be as simple as getting enough sleep, staying hydrated or getting your child to school on time.

Delight - Delight is about experiencing joy even for just a moment. Things like laughing with a friend, a joke that your child tells you, a bite of something that makes your tastebuds explode, or even seeing something beautiful in nature. Basically, anything that makes you smile.

What I challenge you to do is to set aside some time each day to come up with one answer to each of the four areas. You can do this alone or as a family project. You can write it down in a journal or on a piece of paper. Keep it in a visible location so that it can be a reminder to do it daily. You could even do it at a certain time like after dinner so you can build a routine. Don't get discouraged if you forget one day. Building habits take time. The more frequent you do it the more likely it is to become a habit.

At the end of the month, ask yourself; Did you feel any different focusing on the positive aspects of your day? Did you learn anything new about yourself? Did the **G.L.A.D.** technique help you to become more aware of the positive things around you? Do you think this technique will help you and your family to be more positive in your day-to-day life? I hope you find this technique helpful and will continue to incorporate it not just this month, but every month after that. If you have any questions, you can contact me, Cyndie Gilliam, LMFT TANF Therapist, at cgilliam@sctca.net or (619)460-3400, ext. 210.