

The art of appreciation

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### Definition of appreciation



- Increase the value of...
- Recognition and enjoyment of the good qualities of someone or something

Appreciation: a feeling or expression of admiration, approval or gratitude



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Appreciation can change a day, even change a life. Your willingness to put it into words is all that is necessary.

**Margaret Cousins** 



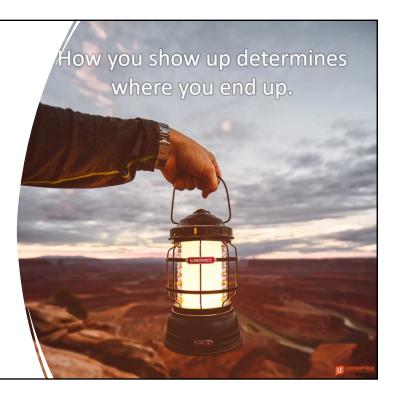


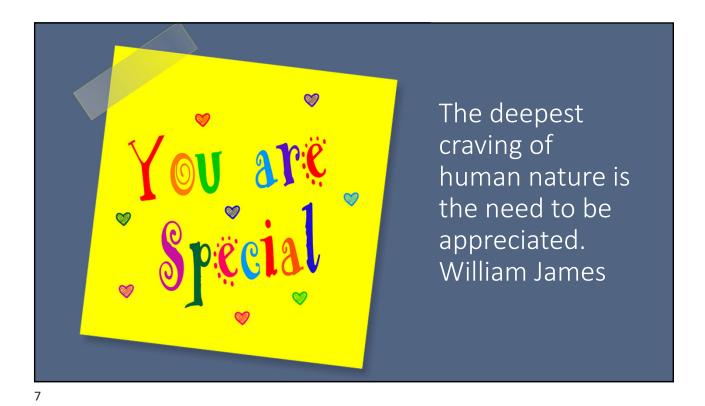
- A = Acknowledge
- P = Pay attention
- P = Purposeful
- R = Recognition
- E = Enjoy others
- C = Compliments
- I = Impactful
- A = Awareness/admiration
- T = Thankfulness
- I = Interest—creates value
- O = Opportunities
- N = Neuroscience

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## It's how you show up

- Not what you know or do
- Trauma occurred in the context of relationship and will be healed in the context of relationship
- Create psychological safety: to be seen, heard and valued





Neuroscience benefits of gratitude

In positive psychology research, gratitude is strongly and consistently associated with greater happiness.



Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.



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# i am gratefu!

#### Benefits of Gratitude

- Gratitude opens the door to more relationships.
- Gratitude improves psychological health.
- Gratitude improves physical health.
- Gratitude enhances <u>empathy</u> and reduces <u>aggression</u>.
- Grateful people sleep better.
- Gratitude improves self-esteem.
- Gratitude increases mental strength. (Psychology Today)

- The First agreement: be impeccable with your word
- This is the most important one & also the most difficult one to honor.
- Your word is the power you have to create.
- Through your word you express your creative power.
- The word is a FORCE—a power to express & communicate, to think & create events in your life.



USE THIS	INSTEAD OFTHIS
Activate	Trigger
Effort	Good or Bad
Struggling	Non-Compliant
Connection-seeking	Attention-seeking
Eloping for connection	Running away
Struggling with follow through	Treatment resistant
Exploring, finding their way	Oppositional
Unprocessed grief	Defiant
Need to discharge	Aggressive
Pain-based behaviors	Shutting down
Dysregulated	Self-harm
Seeking ways to get needs met	Manipulate
Difficulty with trust, feeling safe, fear	Sabotaging placements
Ambivalent	Avoiding responsibility
Need for control to feel safe	Disobey
Sensory overload	Isolates or want to be left alone
Fear of hunger	Hoarding or stealing food
Development irregularity	Poor social skills
Reacting from a place of stress	No conscience
Dissociation due to feeling overwhelmed and/or overstimulated	Staring into space or no eye contact

The Second agreement: don't take anything personally

- If someone says, "hey, you are so stupid" without knowing you, it's about them, not you.
- When we take something personally, we make the assumption that they know what is in our world, and we try to impose our world on their world.



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The Third agreement: don't make assumptions

- The problem with making assumptions is that we believe they are the truth.
- We make an assumption, we misunderstand, we take it personally, and we end up creating a whole big drama for nothing.



### The Fourth agreement: always do your best

- This is the agreement that allows the others to become deeply ingrained habits.
- Under any circumstance, do your best, not more or not less.
- Your best may fluctuate depending on where you are in your day (morning vs. night, hungry, tired).



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