

**Worksheet 4.10 Gratitude Letter and Delivery (Rashid, 2008)**  
**Instructions**

The expression of gratitude is a powerful way for increasing your satisfaction in life and increasing positive emotions about the past. Although many people say “thank you” often, they fail to really express the depth of their gratitude to those for whom they are most thankful. Think of the people in your life to whom you are most grateful but to whom you have never formally expressed your gratitude toward or properly thanked. Write a detailed letter of gratitude toward this individual. Be sure the letter is concrete, in other words, be sure to name specific things the person did for you and how those things impacted your life. Rewrite the letter if necessary and when you are satisfied with the final copy, set up a meeting so that you can personally deliver your letter to the person to whom it was written, but do not tell them the purpose of the meeting in advance. When you meet with them, please read the letter to them or stay with them as they read the letter you have written.

Take some time to really think about and respond to the following questions after you have written and delivered your letter of gratitude:

1. How did you feel as you wrote your letter?
2. How did you feel as you prepared to deliver the letter? Was it easy or challenging?
3. How did the other person react to your expression of gratitude? And how were you affected by their reaction?
4. If the experience of expressing your gratitude indeed resulted in positive emotions, how long did those feelings last after you delivered your letter? As you recall this experience, how does it impact your present mood?