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Five-Day Gratitude Reflection

Experiment 14 - Practical Notes

Name: _____ Roll no.: _____ Date: _____

Aim

To observe whether noticing specific valued experiences is useful over five days.

Principle

A gratitude record focuses on a specific experience or contribution that a person values. It should allow mixed emotions and real difficulties rather than requiring constant positivity.

Requirements

- Private five-day record sheet.
- A brief daily reflection period and optional fictional entries.

Procedure

1. Choose time

Select a convenient short daily period; keep the task manageable.

2. Record one detail

Write one specific event, support or opportunity you valued, if any.

3. Explain meaning

Note why it mattered rather than repeating a generic phrase.

4. Allow honesty

If the day was difficult or nothing comes to mind, record that without blame.

5. Review five days

Look for the kinds of experiences you noticed and whether the practice was helpful or neutral.

6. Plan

Decide whether to continue, adapt or choose another practical habit; do not infer that gratitude resolves serious distress.

Mental Well-Being Stress and Conflict Management

Observations and Record

Day	Specific valued detail	Meaning / observation
1	_____	_____
2	_____	_____
3	_____	_____
4	_____	_____
5	_____	_____

Worked Example

The numbers below are illustrative; enter your own observations in the record.

- “A friend helped me understand one calculation” identifies an actual valued contribution. It can coexist with feeling worried about the assessment.

Result

Record completion, what you noticed and one practical next step. Personal reflections remain private unless you choose to share them; these classroom activities do not establish a diagnosis.

Precautions

- Participation and sharing of personal experiences are voluntary. Use a fictional example when preferred and keep others' information confidential.
- Stop or adapt an exercise that causes discomfort. Persistent or severe distress should be discussed with the appropriate qualified support service.
- Describe personal observations without claiming that one short exercise treats or cures a mental-health condition.

Viva Questions and Answers**1. Must every entry be positive?**

No. Honest reflection may include difficulty or a neutral response.

2. Why use a specific detail?

It is easier to examine than a vague slogan.

3. Does this replace support for distress?

No. It is an optional reflection activity.

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