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December 10 2018

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Research Paper #2

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Simple Abundance Journal Of Gratitude

Introduction: My Entry Into Three Good things

Being grateful is like a boat that can float. Some row and go. Some blink and sink (Bangalore.) I realized doing “the three good things” gratitude process has made me like a boat because it contributes to my total health. It also had a positive impact on my well-being; because it was an awakening of seeing my blessings and it promotes optimism, more spiritual, and increase my self-esteem. Not taking each and every single moment for granted. How does gratitude affect my well-being? I wake up everyday with all the human body, parts, I wake up everyday without any difficulty of getting out of bed. I wake up everyday smiling to my family/friends/school mates which also impacts their well-being too. Psychologists call this the “Duchenne smile,” and most consider it the sole indicator of true enjoyment (Eric Jaffe.) Martin Seligman, founder of positive psychology, learned that depression and, recession in people whether work, school or family related, and also the positive side of being content and having a healthy mindset which influences the power of well-being. The three good things intervention improved my well-being by remembering things should not be taken for granted, being appreciative in every life’s aspects, respecting everything/everyone, and complaining less about materialistic things that could lead to depression.

Literature Review

Positive Psychology is the scientific study of the strengths that enable individuals and communities to thrive. The field is founded on the belief that people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves, and to enhance their experiences of love, work, and play (Positive Psychology Center.) It is the study of humans flourishing with their lives that include relationships with family/friends/love-interest, their occupation, and their leisure activities. It is almost as important as breathing air. It is not noticed but necessary. I wrote about three different people who I realized that they were so different in the mind and soul but pure in the heart. A high level of wellbeing means the state of being comfortable, healthy, and happy. I believe one of the reason why wellbeing plays a huge role on me and too many is because gratitude can increase your wellness. It is connected to a satisfying life and promotes cognitive thinking, spiritual, and community interactions. According to the Better Health Channel the organization says, "Well being is not just the absence of disease or illness. It is a complex combination of a person's physical, mental, emotional and social health factors. It is strongly linked to happiness and life satisfaction. In short, wellbeing could be described as how you feel about yourself and your life." They list some facts such as spiritual or religious belief, optimistic outlook, and network of close friends. Optimism boosts your cognitive and physical wellbeing. "The optimist believes that bad events have specific causes, while good events will enhance everything he does; the pessimist believes that bad events have universal causes and that good events are caused by specific factors" — (Martin E.P. Seligman, *Learned Optimism: How to Change Your Mind and Your Life*)

Is gratitude beneficial for people who struggle with mental health concerns? And, if so, how? Gratitude is the state of being appreciative and returning that kindness. It's give and take process by genuine love, sympathy, security, and solace. Joel Wong and Joshua Brown

conducted a study if people who struggle with mental illness could feel grateful just as much as the well-adjusted individual that they feel better within 4-12 weeks writing on the things that they are most grateful for. They wrote “Gratitude writing can be beneficial not just for healthy, well-adjusted individuals, but also for those who struggle with mental health concerns. In fact, it seems, practicing gratitude on top of receiving psychological counseling carries greater benefits than counseling alone, even when that gratitude practice is brief.” I am grateful for my family and friends because they are my center in everything I do. How and who I chose to be around my circle creates my character and they bless me with love and laughter. In the “three good things” gratitude process I wrote at the end of the first day of listing my appreciation towards my friends, I ended the grateful with a summary of admiring their help and favors and it just keeps putting me in the realization of how much you can never take advantage of good people and take them for granted. As humans, decent humans, were taught somewhere along the lines that helping each other is the right thing to do because we always want to live in a healthy positive way. Not only does the help-e is satisfied but so is the helper. Just knowing the feeling of someone helping each other out is a blessing. On PsychPress.com it says “Helping others gives us a good feeling. It helps to keep our good mood, but also lets us escape from a bad mood.” This quote is also indicating that helping someone goes hand-and-hand but also it can keep you occupied from a bad state that you’re in and bring some enlightenment in your life.

A research on how gratitude may not actually improve your wellbeing has been acknowledged by some researchers. In the Berkeley Science Review, Psychologist researcher Amie Gordon, argues that gratitude can backfire into your wellbeing. In the first section she says “Feeling grateful for someone or something who isn’t worthy. If you are in a bad relationship with someone who is emotionally or physically abusing you, or who just can’t make you happy, focusing on gratitude may be the wrong choice. This could be a romantic partner, a boss, or a

roommate, or some other living situation more generally. By focusing on all the ways you appreciate your partner/boss/roommate you may choose to stay where you are when you should be focusing on finding a way to get out of an unhealthy situation.” I disagree, it’s not wrong or a crime to feel grateful for someone who is abusive because with hardships comes ease. People are always there to forgive no matter how screwed up humans-beings can be. There are many situations where people have been in domestic relationships with their love-interest/family members. On an organization called Being Unbeatable is like a blog post where victims of domestic abuse write/share their stories of they learned to let go and forgive of their domestico. One woman named Vivian McGrath talked about her forgiveness and not letting this part of the “back-then” gratitude affect her wellbeing. She writes “Forgiving my ex then followed of its own accord. I realised, to stay angry. To feel bitterness towards him meant I was still allowing him control over me. Allowing negative emotions to affect me meant I was still his victim. I was handing my power to him and would forever remain joined to him. I learnt to separate his unacceptable actions from the damaged man. he too was a victim in a way. He was responsible for abuse, but not to blame. Forgiving him is what led to my freedom from him.

Findings

“The 3 Good things” Gratitude process has have a positive impact on my well-being because when I was writing my journal entries on my gratefulness I saw that I wrote more on being helped out and enjoying life with my friends/family then being drowned in materialistic things. P.E.R.M.A is the five building blocks that enable flourishing. There are five aspects of of wellbeing created by Martin Seligman, they help us understand these elements to reach our full happiness. They are Positive emotion (Of which happiness and life satisfaction are all aspects) E for Engagement, R for Relationships, M for Meaning and purpose, and A for Accomplishment. I chose that out of all these great element I was more grateful for my Relationship in the social

life. Relationship is finding the flow. Dr. Mitch Prinstein, a distinguished Professor of Psychology at The University of North Carolina at Chapel Hill, mentioned that in a research that shows what happens to us when we become isolated which causes pain center to the brain. He also mentioned that separation is the worst thing we could do for our survival. Back 2015, my senior year in high school a former teammate spread a rumor about me throughout the track team. My friends didn't want to run with me and I became a laughing stock. I had to quit track because I couldn't take the pain of being isolated/made fun of/gossiped about etc. I shut myself from the world for the past three months. Always had a negative mindset and actions. Why did I always have a negative mindset? In view of the fact that I was completely abandoned by my close friends, I could utter any foul language to anyone. I was easily annoyed and constantly felt like nothing would ever bring my mind back into a positive mode once more. As I got to college and learned about psychology and exploring the human mind, I realized how much it helped me get passed through this pain. I learned to surround myself with the right circle and not let this burden take a toll on me. I learned PERMA back in 2016 and I have started opening up about my worries and faults, happiness and anxiousness, mistakes and regrets, pain and pleasure etc. Since then till now, I've taken advantage of being in a relationship with my loved ones because they too help with my improvement. I get a ride from my Beth and that night when I was writing about her I was thinking about how much she's saving me money from catching the bus, it's always warm in car during this school year season and we usually stop by to grab food on the way to school. The septa bus could never do that. Not to mention that sometimes she buys me food. That night I went out to the movies with my Bengali friend Sunny, who paid for our food that came up to be **\$42.00!** Najee, lastly, called me always advising on making the right decision of not letting my feelings getting played or to keep encouraging to strive in my studies no matter how hard it is. Three different women, impact me daily because they give up their

precious time even when they're busy just to talk to me or go out of their way to do me favors. It's a blessing to just count on not even count on but to have these beautiful essence in my presence. The relationship bonds and ties fondness. It is all about understanding the significance of good company too. Another example would be in my one of my entries I talk about the values and spending time with my best friend Naeemah. She has such a great sense of humor because I can make her laugh by saying or doing the most absurd things. We were texting and I we agreed on meeting and/or just playing and I used the Cardi B phrase "okurr" at the time I don't believe that she knew it went viral yet but she burst into tears. The smallest things like that makes me realize and understand that this friendship will go on for a long time because she made me feel emotionally attached and harder because knowing you can make somebody smile and laugh (daily) brings comfort, sincerity, loyalty. French anatomist Guillaume Duchenne, who studied emotional expression says "it unmasks a false friend." Writing the "3 good things" gratitude process reminds me also to not let any great impact, affect my mind or make me think narrow-minded because there are many more blessings I can sit and be proud that I have shoulders to lean/cry on. That I have a place where I can, eat, sleep, take a shower at. I learn to keep preserving the the people who helped me find me again.

Conclusion

I do not think I will continue the "3 good things" gratitude process because I feel like some blessings and favors people do for me shouldn't have to be written down all the time, but kept in the heart. That's where gratefulness lies. Once I write it in the journal, the paper could always get crumbled up, spilled on, or lost, but a memory of friendly giving and genuine appreciation can never be forgotten nor loss. My main-takeaways from this project would have to be the themes that emerges from my primary data. I feel like it is unnecessary since the paper is pretty much proof. It is an argumentative paper, there's facts and quotes about the

importance of well being and your own experience, so I feel like asking again about primary data is not mandatory. I believe that my research question is going to have a meaningful impact on the field because I used a personal experience that's pretty much heavy so my class can sympathize and see the importance and that I got my point across. My literature review had a relevant of information in this area because it focused on the importance of wellbeing and being grateful because I used works of prestige psychologists and cites that backed up my argument. Nevertheless, the "3 good things" intervention has made me more grateful towards my friends, family, and everyday I breathe.

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