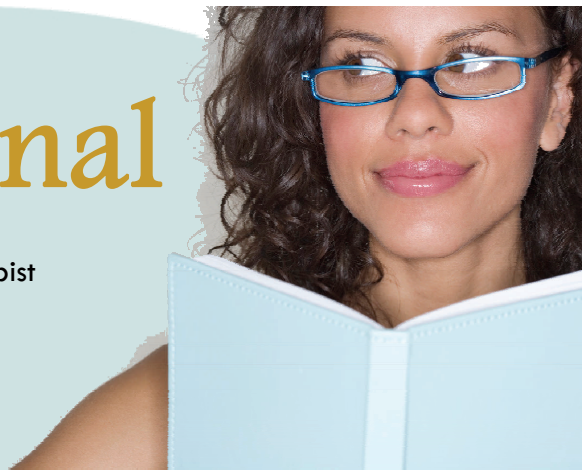


Keeping a Gratitude Journal

■ by Lynne Scherschel, MS, Licensed Marriage & Family Therapist



When we think of gratitude, Thanksgiving often comes to mind, the day set aside to express thanks for our blessings. God, however, said that it is His will for believers to “give thanks in all circumstances.” (1 Thess.5:18) He also commanded us to think about whatever is true, noble, right, pure, lovely, admirable, excellent, and praiseworthy, i.e. to think positively. (Phil. 4:8) Is it just possible that our Creator, the one with the Owner’s manual, might know the best way for us to live? As a matter of fact, when we live with an attitude of gratitude, our brain pathways are enhanced, and our brain chemistry tends to balance. Conversely, when we engage in negative thinking, the opposite happens.

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Lynne Scherschel sees clients in our Schererville location.

An attitude of gratitude can be cultivated by engaging in a gratitude journal. This is the way it works. Get yourself a good-quality notebook, and each day write in it five things for which you are thankful. That doesn’t sound too difficult, does it? Well, there is one catch: you may not repeat any of your blessings for the entire month. At the beginning of the next month, you start over. The idea is to get yourself to look for your blessings. That gets your brain working in a positive direction, thereby improving its chemistry and pathways. This effect has been proven on brain scans! Whether you tend to be depressed and negative or consider yourself a positive thinker, this exercise can only enhance your life physically, emotionally, and spiritually. ■

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www.chicagochristiancounseling.org
800 | 361 6880 or info@chicagochristiancounseling.org

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