

Ep #016: When You're Not Feeling Grateful



Full Episode Transcript

With Your Host

Rosie Aiello

Ep #016: When You're Not Feeling Grateful

It's the season to be grateful. But what if you're just not feeling very grateful?

2020 has been a tough year for many. You can't visit family and friends like you used to. You can't hug ones, or you're in health care facilities. You may have lost your job, or you are or may have been in an abusive relationship. And the last thing on your mind is feeling grateful for that.

Hi, I'm Rosie Aiello and welcome to the Vulnerable to Valuable Podcast. We talk about moving forward after experiencing narcissistic, controlling, demeaning and abusive relationships. If you've been in one of those like me, you KNOW what I'm talking about. You are not alone. You've been through some painful stuff ... shame, blame, that inner bully inside you. My mission is to lift and inspire you ... give you the ways you can reclaim your voice and value, your confidence, and the courage to BE the new empowered you.

Today, I'm doing a special podcast for you. It's the season to be grateful. In the United States, we celebrate Thanksgiving on the last Thursday of November. But some of you may not be in the grateful mood. I hope to change that by the end of this episode.

I'm going to discuss four scientific-based reasons why gratefulness is helpful, four common thoughts you may be ruminating in your mind, four feelings you may be having instead of feeling grateful. And finally, four ways that no matter what, you can create the experience of gratefulness. So be sure to listen to the end.

I think first of all, before I continue, it's very important to acknowledge whatever it is that you are feeling and not to deny that. I'm not here to push you into some positive thinking. I'm not here to push you into anything at all. Stick with me, listen to the entire podcast, and then share in the review section how it was helpful for you.

If you need extra support, especially during this time or any time, please reach out. I was alone in my thinking for decades and it nearly destroyed me. Just go to bit.ly/ChatRosie.

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There are many studies covering the benefits of practicing gratefulness. Feeling grateful can be challenging, but hang in there with me. I'm going to condense several studies into just four elements.

1. Being grateful creates a positive emotion.

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When you have a positive emotion or feeling, you'll then behave in a different manner because your mood will be elevated. You'll create actions that move you forward instead of just sitting there overeating or over-drinking, or just sitting there doing nothing.

2. Your mental and physical wellbeing will be improved.

Harvard Business Review and Positive Psychology, and study after study show that practicing gratefulness creates a biological response in the body producing positive hormones.

3. Appreciation improves relationships.

As you express appreciation for someone, including thanking your employees or your boss for guiding you, all relationships can be improved.

4. You develop stronger coping skills and experience more resiliency... which is really especially helpful during these difficult times.

To sum it up, let me just say, gratitude comes from a thought you have about appreciating someone or something, and it all creates a positive benefit for you.

Practicing gratefulness is not a game to get something in return. Practicing gratitude comes from the heart. But what if you just don't feel grateful these days? Many, many, many thoughts are running through your head. I'm going to share just four you may be having, which is making it hard for you to feel grateful about anything.

Use these examples to write down some of the ones you're actually having. You may be thinking:

1. "I don't have, or I lost my job."
2. "I can't be near the ones I love."
3. "My husband demeans, belittles, threatens, and is abusive to me."
4. "I hate my life... myself."

If you wander, spend any kind of time on Facebook, you'll see lots of happy faces and think that everyone's life is better than yours. There are so many thoughts you can have that you don't see any reason to feel grateful now. Actually, you may have some of these common feelings instead. So let me go over it. I'm just going to share with you four of them.

1. You may feel resentful.
2. You may feel angry.

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3. You may feel anxious or have anxiety.
4. You may feel sad.

Experiencing these feelings while they're true for you may bring you down and you may go into despair instead of gratefulness. These feelings often lead to unhealthy behaviors or unhealthy coping skills like overeating, over-drinking, overworking, oversleeping, over-Facebooking, over lounging around. You get the picture.

If you look at the circumstances of your life with, say your abusive partner or a former abusive partner and reflect on that and maybe not having to work, and you think, "I'm stuck," you'll feel angry, maybe you'll overeat. And then, in the end, you'll be stuck in a cycle because you overeat. Now you feel miserable instead of moving forward in a healthier way.

So, just how can you move forward in a healthier way? I'm so glad you asked.

I'm going to offer you to ask yourself four simple questions as a way to open the door to being able to feel grateful and receive the benefits that gratefulness offers.

1. What do I appreciate?

It could be your phone so that you can hear this podcast. Maybe it's your computer, maybe your bed, a cup of coffee, water, washer and dryer. You get the idea.

2. Who do I appreciate?

Maybe it's not your partner, but maybe you have a sister or brother you can count on. Or maybe it's a good friend, maybe it's Oprah or Brené Brown, a doctor, a therapist, a coach. Who do you appreciate?

3. What makes me smile?

Puppy dog, or kitten pictures or videos, maybe flowers in your garden or your neighbor's garden or a park. Maybe it's the mountains or the seashore. Maybe seeing paintings, whatever it is makes you smile.

4. What are things that I own that I really like or love?

It could be your car. It could be your purse. It could be your old sneakers, maybe some favorite socks or flip flops, a sweater, a pair of pants, a special pen or a notebook. There'll be one thing. Find it.

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Look, you don't have to appreciate the person who is abusing you. You don't have to be happy you lost your job. You don't have to like the neighbor who scowls at you. Gratitude is an emotional response, a feeling you have to appreciate someone or something. That's all you need to find. That warm feeling will ignite a more helpful and useful action.

So instead of binge eating or watching TV, maybe you'll be able to simply enjoy that moment because you said, "I appreciate my clown socks or my puppy dog videos. I appreciate hugging my puppy or my dog." That's it. It doesn't have to be a big, complicated thing.

I want to share with you that I appreciate you. I appreciate you listening to this podcast. I appreciate that you are taking the time to take care of you. When we are kind to ourselves, we can find more kindness in the world. You deserve to be treated with kindness. And that starts by being kind to yourself.

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The only way to move forward and create an impact in your life is to know where you're at, where you want to go and what's holding you back. Get started by taking the Freedom Fulfillment quiz. In 4 short minutes, you'll discover where you are, where you want to be, and what you'll need to do. If you are serious about evolving into a new empowered you, who can show up as the confident woman she once was, or wants to be then start now. Your life is waiting for you.

Go to: [FreedomFulfillmentQuiz.com](https://www.FreedomFulfillmentQuiz.com).

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