

Gratitude Journal

Reflect on your day

For Trauma Healing

The Four Portals of Gratitude

- **Blessings:** Gratitude for the **positive gifts, resources, and things that bring joy** into our lives, regardless of whether we earned them or not.
 - **Material:** A comfortable home, a warm meal, reliable transportation.
 - **Experiential:** A beautiful piece of music, a sunny day, the taste of your favorite coffee.
 - **Personal:** Good health, natural talents, a supportive family member.
- **Mercies:** Gratitude for **acts of compassion, kindness, and forgiveness**, both when we receive them and when we are able to give them: actively extending forgiveness to others or to yourself, noticing when someone extends compassion to you, or performing an act of charity (even a small one) that creates relief for another person.
- **Learnings:** Gratitude for the **wisdom, perspective, and personal growth** that resulted from challenges, failures, or tough experiences.
- **Protections:** Gratitude for the **people, structures, and systems** that provide us with security, stability, and shelter, allowing us to feel safe in the world.

Why This Helps to Heal Your Trauma:

This trauma-informed practice is healing because it intentionally interrupts the brain's threat-detection system by forcing a daily search for evidence of **safety (Protections)** and **stability (Blessings)**, counteracting the negativity bias established by trauma.

The morning check-in grounds the nervous system to combat anticipatory anxiety, while the evening review actively **consolidates positive memories**, effectively "re-writing" the brain's memory consolidation process and fostering neuroplasticity toward resilience.

By consistently highlighting **Mercies** (compassion) and **Learnings** (growth), it shifts the survivor's focus from victimhood to agency and competence.

Daily Gratitude Instructions:

Morning Reflection: Upon waking, identify one item for each of the Four Portals (Blessings, Mercies, Learnings, Protections) that resonates with your current experience.

Evening Review: Before bed, briefly reflect on one instance throughout the day where you experienced each of the Four Portals. This helps reinforce the positive observations.

Date	Blessings	Mercies	Learnings	Protections