

Episode Description:

The Power of Gratitude in Emotional Recovery--A lot of trauma survivors have been told that they "should just be grateful," as if they can flip a switch, turn off trauma in the body, and suddenly feel grateful. Gratitude for a survivor is more complex than that. We can be grateful, but it needs to be in a way that is working with our nervous system, that is realistic for where we're at, and that is a natural choice, not forced from inside or outside. We do this by being gentle with ourselves, practicing self-compassion, and acknowledging honestly where we're at. This episode discusses the benefits of gratitude, how it can help heal trauma, and realistic ways you can practice gratitude or at least be one step closer to gratitude through self-compassion. Doing the best you can is enough. God has got you even in the darkest places, and He knows you're doing your best. As we learn to cultivate genuine gratitude, we're able to see God more in our situation, practice concrete gratitude that heals trauma, and see the benefits of gratitude manifest in our lives.

Breakdown of Episode

0:00 Intro

4:14 Why Can't Trauma Survivors "Just Be Grateful"?

11:38 How Gratitude Can Help Us Heal Trauma

15:32 Self-Compassion as a Modified Form of Gratitude

21:53 How We Can Engage Gratitude in our Faith to Heal Trauma

26:10 General Concrete Practices of Gratitude

Episode Resources:

[Here is a coupon](#) for almost 1/2 off my gratitude course "[Ignite Your Abundance Through the Power of Gratitude](#)", which can help you cultivate concrete practices of gratitude to help you heal trauma and live a better life.

[The Neuroscience of Gratitude and Effects on the Brain](#) in *Positive Psychology* by Madhuleena Roy Chowdhury

[The Neuroscience of Gratitude and Trauma](#) in *Psychology Today* Odelya Gertal Kraybill
[Engaging With God in the Midst of Trauma Recovery](#) by Maria Reyes in *Seattle Christian Counseling*

[Complex Trauma, False Gratitude and Letting Go](#) in *CPTSD Foundation* by Shirley Davis
[Can Giving Thanks Help Us Heal From Trauma?](#) Jeremy Adam Smith in *Greater Good Magazine*

Platform Resources

Podcast Website (with episodes and where you can join email list)

<https://christianemotionalrecovery.com>

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