

Master the
Gratitude Visit
technique



Friend-ships ahoy!

Let's take a closer look at interpersonal relationships, and what it is that makes us treasure them.

Relation-ships are everywhere

Just like real ships come in different shapes, styles and sizes, from catamarans and sailboats to tug boats, rubber dinghies and cruise liners, not all relationships look the same. Some are older than others, some have lasted longer, weathered more storms and others might have even seen better days.

But most important, some have more “friendshipliness” than the rest.

Here's a reminder of what **friendshipliness** is made up of:

Trust	+	Compassion	+	Reciprocity	+	Health
Feeling safe		Feeling understood		Goes both ways		Good for both of you

And here's what **friendshipliness** does:

- It keeps our friend-ships upright.
- It prevents our friend-ships from capsizing.
- It helps our friend-ships to sail straight and true.

Friendshipliness shows up in our interpersonal relationships in all sorts of ways.

But that doesn't mean it always looks the same. For example, your relationship with your wife looks different from the one you have with your brother. You might connect with your wife over a delicious cup of coffee every morning and spend your Saturdays playing golf with your brother.

Different relationships = Different ways of connecting

But both could have friendshipliness (trust + compassion + reciprocity + health) in common. There's no set way that friendshipliness has to look. It's as unique as you are!

The purpose of this module is to help you:

- Increase the friendliness in your life.
- Recognise the friendliness that is already there!

A great place to start is with the Gratitude Technique!

The Gratitude Technique

In this technique you are asked to do a few things:

1. Spend time thinking through the positive impact that specific people have had in your life.
2. Write down moments with each person to show them you value them (look for the golden nuggets).
3. Organise a Gratitude Visit to tell them how you feel.

Here's what to bear in mind...

Dig a little deeper:

Be open and honest

Instead of this...

Your compassion is great.

Try this...

The way you understand me and try and view things from my point of view means a lot to me.

Use emotional language:

Add in “feeling words”

Instead of this...

You give me a sense of belonging.

Try this...

The sense of belonging you give me makes me feel like I matter to you. I feel happy and joyful when you include me like you do.

Try some detail:

Give specific examples

Instead of this...

You are compassionate.

Try this...

You showed me compassion by making me dinner when I was sick at home.

Needing an extra boost?

We know that this Gratitude Technique can feel like a BIG ask. But we’ve got you covered. If you need a hand finding something to say about your person each day, why don’t you:

Think about:

- The role they play in your life.
- Positive traits in them.
- Lessons they have taught you.
- Meaningful and positive actions they have taken.
- Key life moments you have shared with them.

Remember to look out for those golden nuggets...

Big or small, golden nuggets are the things that make relationships so valuable. They are the real-life treasures - the evidence of friendliness! Like that encouragement from your co-worker that made you glow with pride, or a warm meal dropped off for you when you were sick. A hug from your little one after a tough day at work or the way you can always rely on that friend to make you laugh, no matter what. Like any treasure hunt, spotting the gems is key!

Here is a helpful breakdown of some of our favourite golden nuggets:

Compassion

The feeling of being understood and heard.

E.g. You showed me compassion when I had to hand that report in a day late because I had been sick.

Sense of belonging

The feeling of being included or an important part of something.

E.g. When you invited me for dinner with some of our colleagues it made me feel included and like I was no longer “the new guy” at work.

Reciprocity

The sense that there is equal give-and-take in your relationship.

E.g. I know you have my back and that our friendship goes both ways. When my car broke down I knew I could call on you, and that if it were the other way round, you would do the same.

Challenger / Truth speaker

The feeling of someone being kind but honest with you.

E.g. I could trust you to share your perspective honestly but kindly with me when I kept canceling our date nights because of work. You challenged me on the importance of spending time together.

Belief

The feeling that someone has confidence in you.

E.g. When you expressed your belief in me I felt able to apply for my masters degree. I was doubting myself but you had confidence in me.

Vulnerability / Safety

The feeling of being seen for who you truly are.

E.g. I was able to safely share my disappointment about failing a subject with you, knowing your view of me wouldn't change.

Trust / Reliance

The feeling of being able to depend on someone.

E.g. I was able to rely on you when I needed a safe space to talk about my frustrations at work, knowing I could trust you to keep it to yourself.

Practical support

The feeling of being cared for and helped in practical ways.

E.g. I am so grateful to have a friend to call on when I need help, like the time you came to babysit for me so I could fetch my mum from the airport.

Emotional support

The feeling of being understood, listened to and encouraged.

E.g. You have emotionally supported me by just being there when I was going through a big change and was feeling homesick and lonely.

“A ship is always safe at shore, but that’s not what it’s built for.”

- Albert Einstein

In the same way that a ship risks safety when leaving the harbour, telling people you appreciate them can feel a little risky and awkward. If that’s you, then here’s a reminder about why it’s worth it.

Showing gratitude:

- Builds trust + compassion.
- Improves relational connection.
- Increases positivity.
- Highlights good memories.
- Strengthens bonds.
- Makes them feel loved.
- Fills your love tank.

Planned your visit yet?

Here are a couple of things to make it that much easier:

- Set a date and time.
- Read the gratitude letter before you see them.
- Put away any distractions.
- Don’t rush the visit.
- Try to be fully present.
- Mean what you say - if you don’t, people can tell!

Keep a lookout for those golden nuggets, and enjoy finding all the treasure that friendliness has to offer.

Here’s to smooth sailing ahead!
Anchors away!