

Gratitude Dialogues

Gratitude Dialogues (Tomasulo, 2019) are a positive chairwork intervention which aim to deepen experiences of gratitude, appreciation for others, and well-being.

Process of dialogue:

1). The facilitator introduces a chair representing the individual(s) towards whom the client feels gratitude.

Facilitator: "Let's imagine this chair holds your supportive auntie."

2). The facilitator invites the client explore salient characteristics of the 'other' and their emotional reactions to their presence.

Facilitator: "Do you have a sense of her in the chair? How do you feel seeing her?"

3). The facilitator invites the individual to share their gratitude and appreciations with the 'other'.

Facilitator: "What would you like to say to auntie? What else would you like her to know and understand?"

4). The facilitator asks the individual how the other responds to their expression of gratitude. This may or not may involve role reversal.

Facilitator: [Employing role reversal]. Switch seats. [Client moves to the chair of the other]. Auntie Anna, how do you feel hearing your niece's gratitude? What would you like to say to her in response? What would you like her to know and understand?"

Facilitation notes:

- Letters of gratitude are often a helpful (and evidence-based) accompaniment to gratitude dialogues.
- Gratitude dialogues are not restricted to other persons: individuals may choose to express gratitude towards parts of the self (e.g. 'my courageous side'), divine entities, or more abstract concepts (e.g. karma, one's community), which are held in the empty chair(s).

- Gratitude is sometimes accompanied by other feelings such as grief, regret, and resentment. Two-chair and multi-chair dialogues allow individuals to honour these complex emotions: 'negative' emotions towards the other are expressed from chair one in order to facilitate expressions gratitude from chair two.

Further Reading:

Pugh, M. (2019). *Cognitive behavioural chairwork: Distinctive features*. Oxon, UK: Routledge.

Tomasulo, D. J. (2019). The virtual gratitude visit (VGV): using psychodrama and role-playing as a positive intervention. In *Positive Psychological Intervention Design and Protocols for Multi-Cultural Contexts* (pp. 405-413). Cham, Switzerland: Springer.

Citation:

Pugh, M. & Bell, T. (2020). Gratitude dialogues: Facilitation guidance. Retrieved from www.chairwork.co.uk.

For further chairwork guidelines and facilitation notes
visit www.chairwork.co.uk