



Chronic Dissatisfaction

Change with Gratitude



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Outline

- Chronic dissatisfaction
- Gratitude
- Consequences of gratitude
- How to make your brain more grateful.



Chronic Dissatisfaction

- Chronic Dissatisfaction (CD) is that restless feeling of yearning, wishing for something more but not even knowing what it is...
- CD can be an ever-present hum in the background of your life or it can show up sporadically.



In the **Last Two Decades**, Researchers have been starting to investigate how we can counteract this impulses.



The field of **(Positive psychology)** emerged, the study of what makes life worth living. While cognitive behavior therapy was developed to change **negative feelings.**



Scientists began to ask

“ Why are some people happier and more satisfied than other? ”

“ Are there ways to apply what they are doing right to the rest of us? ”





An antidote to Dissatisfaction:

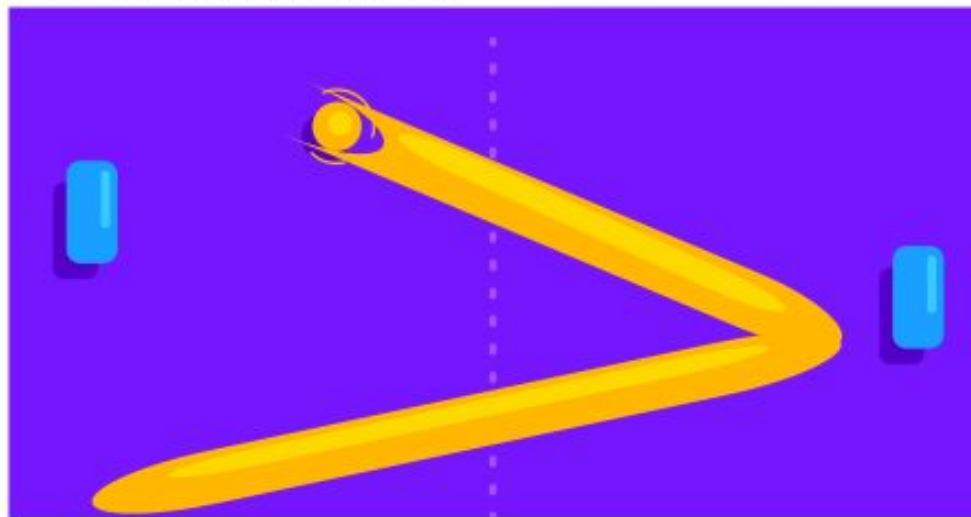
Gratitude

Gratitude can mean very different things to different people in different context.
It' a Character trade, a feeling, a virtue, an a behavior



How gratitude connect us to each other?

The predecessor of gratitude is reciprocity, it likely evolved as a Biological Signal that motivates animals to exchange things for their mutual benefits.



References: Carlson et al. 1988; Emmons & McCullough 2004; Bartlett & DeSteno 2006

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2197219/>

Gratitude can be found among:



References: Coordinated vigilance provides evidence for direct reciprocity in coral reef fishes, 2015
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4585916/>

When your brain recognizes that someone's done something nice for you, it reacts with gratitude to motivate you to repay them.

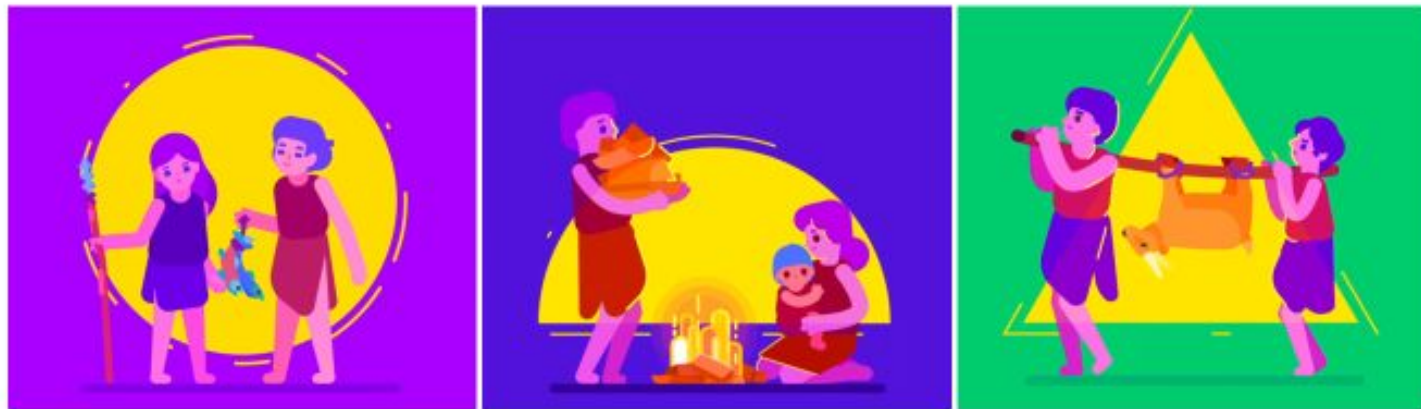
This gratitude makes you care about others, and others care about you.



References: Is Gratitude a Moral Affect?, 2001
https://www.researchgate.net/publication/230896629_Is_Gratitude_a_Moral_Affect

It became an evolutionary advantage to play well with others & build lasting relationships

Early forms of gratitude were biological mechanisms that modified human behavior towards co-operations which helped human to dominate earth.



Scientists Found:

- Gratitude stimulates the pathways in Brain involved of feeling reward.
- Forming Social Bonds
- Interpreting other's intentions
- Makes brain easier to save and retrieve positive memory
- Gratitude directly counteracts negative feelings and traits such as:
 - Envy
 - Social comparison
 - Narcissism
 - Cynicism
 - materialism



References: The Relationship Between Gratitude and Loneliness: The Potential Benefits of Gratitude for Promoting Social Bonds, 2015

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4873114/>

The Cultivation of Pure Altruism via Gratitude: A Functional MRI Study of Change with Gratitude Practice, 2017

<https://www.frontiersin.org/articles/10.3389/fnhum.2017.00599/full>

Grateful recounting enhances subjective well-being: The importance of grateful processing, 2014

https://www.researchgate.net/publication/271622624_Grateful_recounting_enhances_subjective_well-being_The_importance_of_grateful_processing

Thieves of Thankfulness: Traits that inhibit gratitude, 2016

https://www.researchgate.net/publication/301688846_Thieves_of_Thankfulness_Traits_that_inhibit_gratitude

People who are grateful

- Tend to be happier and more satisfied
- Have better relationships
- An easier time making friends
- They sleep better
- Tend to suffer less from: depression, addiction, and burnout
- And are better at dealing with traumatic events

References: Counting Blessings Versus Burdens: An Experimental Investigation of Gratitude and Subjective Well-Being in Daily Life, 2003

https://greatergood.berkeley.edu/images/application_uploads/Emmons-CountingBlessings.pdf

- Gratitude measurably counters the tendency to forget and downplay positive events



A study of gratitude and well being among adolescents, 2012

https://www.researchgate.net/profile/Richa_Gupta52/publication/303910919_A_study_of_gratitude_and_well_being_among_adolescents/links/5766b3c708aeb4b998097b3e/A-study-of-gratitude-and-well-being-among-adolescents.pdf

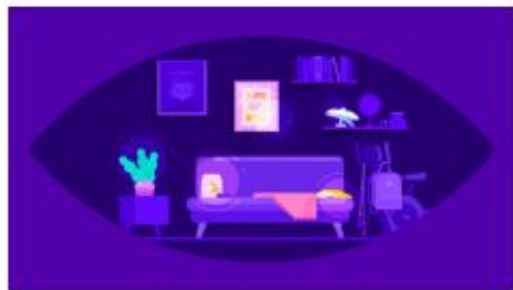
In the best case, gratitude can trigger a feedback loop:



- Scientists notice that this is a common experience after serious hardship like chemotherapy.
- They found that (objectively, their life is the same or maybe even worse than before, but their brain compares present experiences with the time when life was bad, and reacts with gratitude.



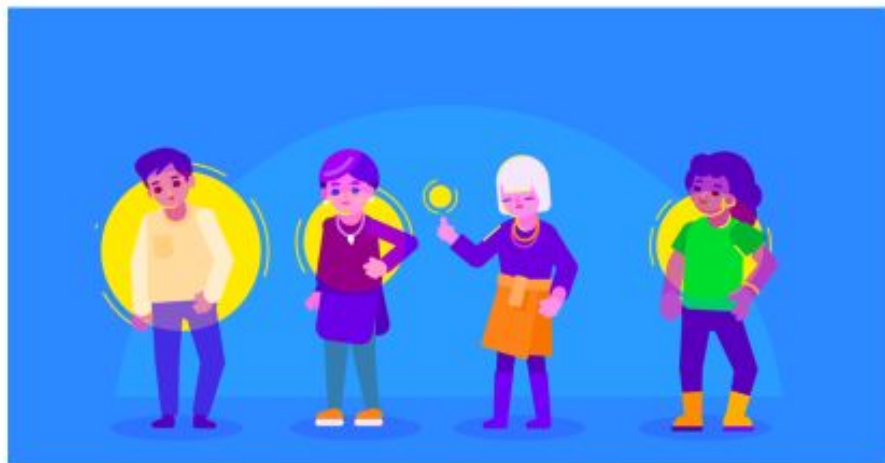
In a nutshell: Gratitude refocuses on the good things you have



Trade gratitude

- The ability to experience more or less gratitude is not equally distributed.
- Trade gratitude determines how much you are able to feel it.

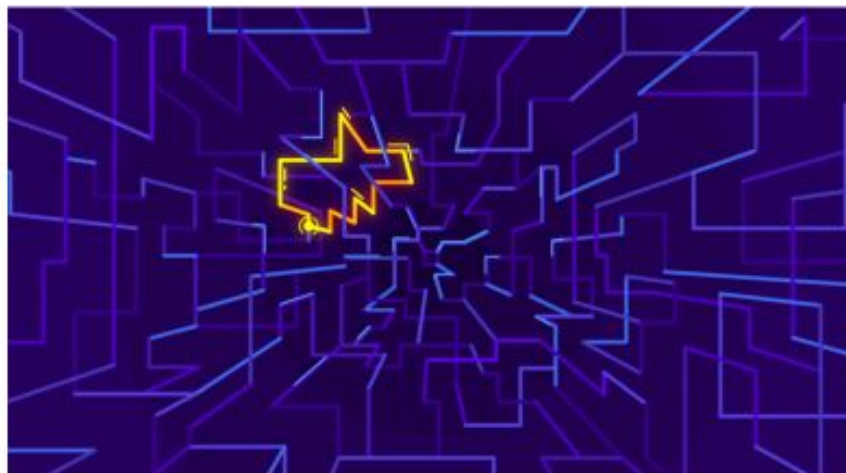
- Genetics
- Personality
- culture



- Scientists wondered if they could design exercises that change your gratitude that leads to more happiness.
- It is still unknown that how gratitude can last.
- There are no magic pills for happiness.



- Gratitude should not be seen as a solution to depression.
- It can only be a piece of the puzzle.



Depression, 2019

<https://www.mhanational.org/conditions/depression>

Overview - Clinical depression

<https://www.nhs.uk/conditions/clinical-depression/>

Gratitude exercise

- The easiest exercise with the most solid researches behind it is gratitude generally.

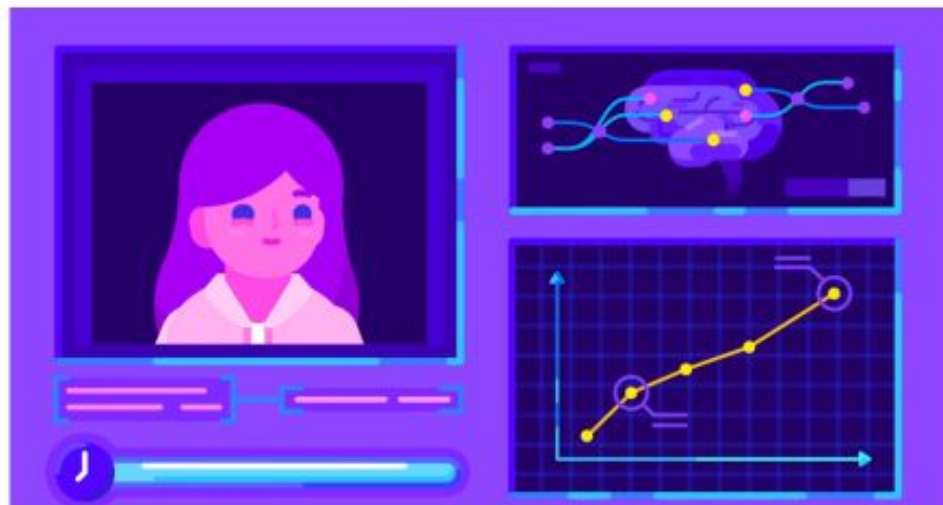


Gratitude Journal, retrieved 2019

https://ggia.berkeley.edu/practice/gratitude_journal?_ga=2.95683418.716560968.1562229048-1958402826.1562229048

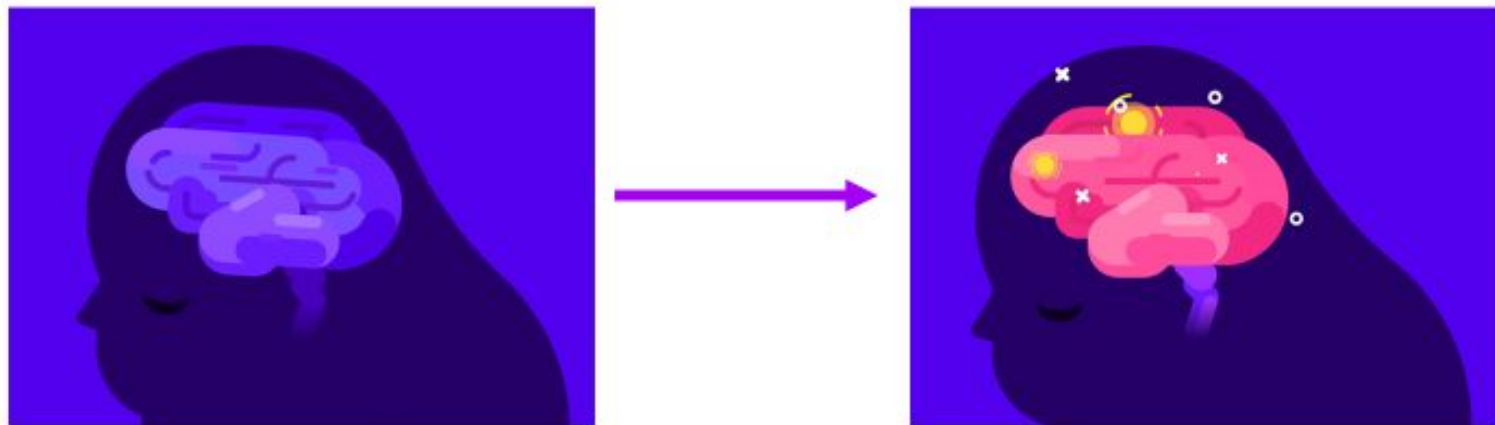
Study support

- In numerous studies, the participants reported more happiness and a higher general life satisfaction after doing practice for a few weeks.



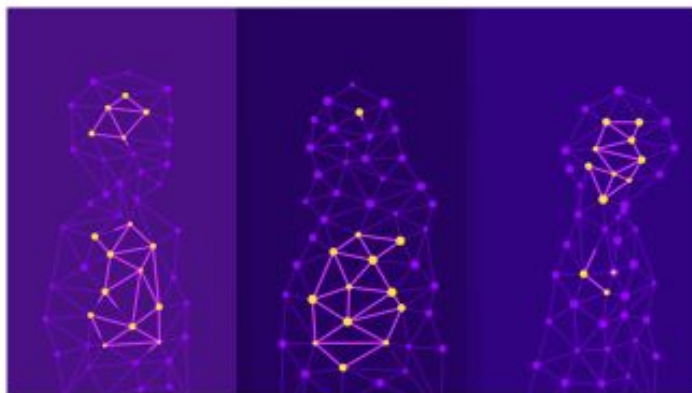
Study Support

- Suites have found changes in brain activity some months after they ended.



**Practicing gratitude
can reprogram your
brain**

**and your core point
of view to your life**





Thank you

