



WELCOME TO TRANSITION HOUSE

DEVELOPING A SENSE OF ENOUGH

GRATITUDE AND JOY



*TH Wellness Project's Vision:
to empower personal well-being, improve mental wellness and increase life joy.
www.thouse.org*

ENOUGH

When did it Stop Being Enough



TRANSITION HOUSE
Changing Lives by Creating Pathways for Mental Wellness
www.thouse.org

*Do Your Best,
It's Good
Enough*



Transition House, Inc.
Hope for Recovery
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Acceptance

Stress Reduction
Hopefulness
Gratitude
Peace
Joy

Disappointment
Relapse Triggers
Conflict
Blame
Anger

Unrealistic Expectations

You Make the Choice



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Hope and Opportunities for Recovery
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Developing a Sense of Enough

"We're a nation hungry for more joy; because we're starving from a lack of gratitude."
The Soul of Money

"Nothing hurts more than trying your absolute best and still not being good enough." – r.h.

"Right now in the moment, I am going to do what I can, with what I have & what I know, from where I am & that's enough." – Teal Scott

Gratitude

- People who describe living a joyful life or who describe themselves as joyful, actively PRACTICE Gratitude and attribute their joyfulness to their gratitude practice.
- To increase effectiveness, Gratitude needs to be an active practice. We've heard the phrase "attitude of gratitude"---however, attitude is an orientation or a way of thinking and "having an attitude" doesn't always translate to a behavior...So what does a gratitude practice look like? (At TH, the Gifts of Hope project was developed.)
- Both Joy and Gratitude are described as spiritual practices bound to a belief of interconnectedness and a Higher Power.
- There is difference between Joy and Happiness: Happiness is tied to situations or circumstances. Joy is a way of engaging the world that is tied to practicing gratitude.

Joy

- Fear can get in the way of Joy.
- In chasing euphoria, we miss out on everyday joy.
- Joy is not a constant – it is the collection of moments connected by trust, gratitude, inspiration and faith.
- The fear that joy will go away can lead to avoidance of joy all together. It requires vulnerability.

Fear

- We are an anxious people and many of us have very little tolerance for uncertainty/ vulnerability. We think to ourselves that allowing feelings joy are pointless because we know it won't last. Feeling grateful is an invitation for disaster.
- How many people have you heard say, "I'm not a pessimist. I'm a realist." "If I always expect something bad to happen then I'm not disappointed when things go wrong." This attitude is based in fear.
- We want guarantees – We fear losing what we love/need the most.
- We think not being grateful or feeling joy will make it hurt less if we lose who/what we love.
- Managing the Hard Times: they will happen! The practice of Gratitude and Joy help us through.
- Our fear of something terrible happening can actually prevent us from fully embracing joy and gratitude. Every time we come close to allowing sheer joyfulness, we picturing something bad happening...and that joy is gone. Until we can tolerate vulnerability and transform it into gratitude, intense positive feelings will often bring up the fear of loss.



The Truth

- If we're not practicing gratitude and allowing ourselves to know joy, we are missing out on the two things that will actually sustain us during the inevitable hard times!!!

Enough

- What is enough?
- We get caught chasing Extraordinary: chasing wealth, fame – measuring people's value based on 'public recognition.'
- It's easy to quickly dismiss the ordinary – sometimes equating it with meaningless.
- We can completely exhaust ourselves try to become who we are told we are 'supposed to be'.
- We have to learn to think critically about the messages we receive regarding enough. Where they come from- family, friends, media, ourselves-and Who benefits from those messages?
- Comparison is one of the quickest ways to destroy joy and our sense of enough.
- Check out this media message about Enough – 'We are not the land of Enough...' <https://abancommercials.com/vid/8010/det/verizon-welcome-to-the-next-gen-network-commercial>
This is an example of a message that can trigger pressure and anxiety to do more than we are perhaps capable of doing. And if we don't achieve superior outcomes – we should feel shame and less than.

Action Time

Time to discuss:

- Gratitude: Reflect on how you practice it? Develop ideas for the practice of Gratitude
 - (suggestions: Gratitude Journals, Mediations or Prayers, Art, Stopping and Affirming Gratitude out loud)
- Joy: Describe it for you?
 - They say the opposite of joy isn't sadness, but fear.
- Enough: What does it mean for you?

Wrap Up

1. What are your thoughts on Joy, Gratitude, and Enough? Are you ready to change any unhealthy beliefs?

"Joy is what happens to us when we allow ourselves to recognize how good things really are." Marianne Williamson

"To know when you have enough is to be rich beyond measure." Lao Tzu



Facilitator's Guide:

BREAK UP INTO GROUPS OF 2-3:

1. Create 5 intentional practices of **Gratitude** to share with others
2. Describe 5 things that bring everyday **Joy to You**
3. Explore 5 **Fears** that get in the way of Joy and Gratitude
4. What does **Enough** look like to you
5. What are **Barriers** to being Enough

HOMEWORK ASSIGNMENT:

- Create a questionnaire that would provide yourself and facilitators with useful information to help make this a more meaningful learning experience.

