**The GLAD Technique**

The G.L.A.D. technique helps you focus on what's going right, not what's wrong or disappointing. This techniques is an acronym for ways of finding joy and balance by paying attention to the life around you in a more positive and self-aware way. Adapted from *The Mindfulness Toolbox* by Donald Altman, this technique, as well as others in his book, are fantastic for making lasting changes in confidence and becoming more mindful.

The G.L.A.D. Technique

**G --** One **gratitude** that you are thankful for today. This can mean basic gratitude for the shoes on your feet or the water that you drink, but it has to be relevant to your day. It could be about appreciating someone, a meaningful work relationship, partnership, community of friends. It could also be about yourself. The way this is most effective is to think of how it has made you feel today.

*Today I am grateful for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_family, friends, health, sunshine, phone, TV, whatever comes to mind.*

**L --** One new thing you **learned** today. This can be about yourself, something new that you learned from others or something you learned about someone you've known for a long time. It can mean learning a new fact or something from an experience. Just by being curious, it allows you to see that each day is full of new things.

*Today I learned that \_\_\_\_\_\_\_\_\_\_\_\_there is a GLAD technique I can use, the importance of gratitude, something from school, something on the job, something from TV, something on a video game or whatever comes to mind.*

L can also stand for LAUGHTER – did you laugh about something today…. What was funny to you, did you see a funny show, hear a silly joke, etc.

**A --** One small **activity or accomplishment.** We often believe that an activity or accomplishment has to be something grand. It can be ordinary [acts of self-care](http://www.healthyplace.com/blogs/buildingselfesteem/?p=1982) that you did for yourself or another. For example:

* Getting out of bed (highly underrated)
* Not skipping meals
* Taking medications or supplements
* Getting enough sleep
* Paying bills on time or finishing an assignment before it's deadline
* Making it to work on time

**D --** One thing of **delight** that touched you today. Consider anything that made you smile, laugh, brought you joy or was pleasing to your senses. Do you find your family or friends Delightful? Did you watch a TV show, see an Instagram post, or get a text that was Delightful? How was your coffee or tea this morning, was it Delicious and delightful? Did you notice beautiful trees or flowers, see a sunny sky, hear birds chirping, laugh at a funny joke or video, taste something delicious, notice a pleasant sensation or hear a song that made you happy. Do you have some life Dreams or Desires your are working towards?

Does the G.L.A.D. technique totally change your life? Maybe not, but it breaks up the negative and self-defeating thinking patterns by pushing you to think in a more positive mindset. Using a journal, your phone or an index card, keep track of G.L.A.D. items for the next week. See if it improves your mood and reduces your negative self-talk. Remember, try to stay in the moment and pick things that you really are glad for in that day. Also, it is helpful to try to use different ones for each day.

**GLAD**

Today / this week, I am **Grateful** for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

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Today / this week. I **Learned** or **Laughed** about (or Liked): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Today / this week, I **Achieved** or did the **Activity** of (or Art): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Today/ this week, I found **Delight** in (or Delicious or Dream of or Desire): \_\_\_\_\_\_\_\_\_\_\_\_.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Adapted from https://www.healthyplace.com*