Recover with Pride

LGBTQ+ GAMBLING HARM SUPPORT

Gratitude and Gambling Recovery

switchboard

REFRAME COACHING

University of Brighton

Gratitude and Gambling Recovery

What Is Gratitude?

Gratitude is the practice of deliberately focusing on the positive aspects of your life, no matter how small they may seem. It involves recognising things you appreciate, value, or feel thankful for, whether that is supportive relationships, personal achievements, moments of joy, or simply getting through a difficult day.

When someone is experiencing gambling-related harm, it can be easy to become consumed by losses, regrets, financial worries, shame, or uncertainty about the future. Gratitude helps to gently shift attention away from what has gone wrong and towards what is still present, meaningful, and worth building upon.

For LGBTQ+ people, gratitude can also help strengthen resilience by recognising sources of support, community, authenticity, pride, and personal growth, even during challenging periods.

Practising gratitude does not mean ignoring difficulties. It means creating balance by acknowledging both challenges and positives.

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How to Use This Tool

One of the simplest ways to practise gratitude is through a gratitude diary or journal.

You might spend a few minutes each day writing down:

- Three things you are grateful for.
- Positive moments from the day.
- People who supported you.
- Achievements, however small.
- Acts of kindness you experienced or offered.
- Things that brought you comfort, hope, or joy.

Examples might include:

- "I reached out for support today."
- "I spent time with someone who accepts me."
- "I didn't gamble despite having urges."
- "I took time to look after myself."
- "I felt proud of who I am."

The goal is not to find huge successes every day. The most powerful gratitude practices often come from noticing small positives that might otherwise go unnoticed.

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How This Can Aid Recovery From Gambling Harm

Gambling harm can create a strong focus on loss, whether that is money, relationships, confidence, opportunities, or trust.

This can sometimes lead to:

- Negative thinking patterns.
- Self-criticism and shame.
- Hopelessness about the future.
- Difficulty recognising progress.
- Increased stress and anxiety.

Gratitude can help counterbalance these experiences by encouraging a more realistic and compassionate perspective.

Regular gratitude practice may help you:

- Improve emotional wellbeing.
- Increase hope and optimism.
- Reduce stress and anxiety.
- Build resilience during difficult periods.
- Recognise recovery progress.
- Improve self-esteem and confidence.
- Strengthen relationships and social connections.
- Focus on building a positive future rather than dwelling on past losses.

Recovery is often strengthened when we learn to recognise what is going well alongside the challenges we are working through.

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LGBTQ+ Considerations

Many LGBTQ+ people experience challenges such as discrimination, stigma, isolation, rejection, minority stress, or barriers to acceptance.

Over time, these experiences can make it difficult to recognise personal strengths and achievements.

A gratitude practice can help you reflect on:

- People who affirm and support your identity.
- Progress made in your journey of self-acceptance.
- Positive LGBTQ+ community connections.
- Moments where you felt authentic and valued.
- Acts of courage and resilience.
- Personal strengths developed through overcoming adversity.
- Recovery milestones and achievements.

For some people, gratitude can also help challenge the belief that life is defined solely by hardship by creating greater awareness of hope, connection, and possibility.

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Practical Recovery Activities

To incorporate gratitude into your recovery journey, try:

- Writing down three things you are grateful for each evening.
- Recording one recovery success every day.
- Creating a "proud moments" journal.
- Reflecting on positive relationships and support networks.
- Writing a gratitude letter to someone who has helped you.
- Celebrating gambling-free milestones.
- Keeping a list of personal strengths and achievements.
- Reviewing previous gratitude entries during difficult periods.

Remember, some days may feel harder than others. On those days, even the smallest positive moment is worth recognising.

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How We Can Help

Our Recover With Pride Recovery Coaches can help you use gratitude as a practical wellbeing and recovery tool.

We can support you to:

- Understand how gratitude supports recovery from gambling harm.
- Develop a personalised gratitude practice.
- Identify positive changes and achievements in recovery.
- Build confidence and self-esteem.
- Challenge shame and self-criticism.
- Strengthen resilience and emotional wellbeing.
- Develop positive daily habits.
- Integrate gratitude alongside other recovery tools such as mindfulness, journalling, and goal setting.

Our coaches can work with you to incorporate gratitude into your everyday routine, helping you better understand its benefits and use it consistently to support your wellbeing.

Over time, gratitude can become a powerful reminder that recovery is not just about overcoming challenges. It is also about recognising growth, celebrating progress, strengthening connections, and building a future filled with hope, pride, and possibility.

Refer for support here:
www.switchboard.org.uk/service/recover-with-pride/referral/