

GRATITUDE: MORE THAN A FEELING RATHER A VIRTUE AND A VEHICLE FOR THRIVING

Integration Symposium 2022: A Response to Robert Emmons

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THRIVING is vigorous growth.



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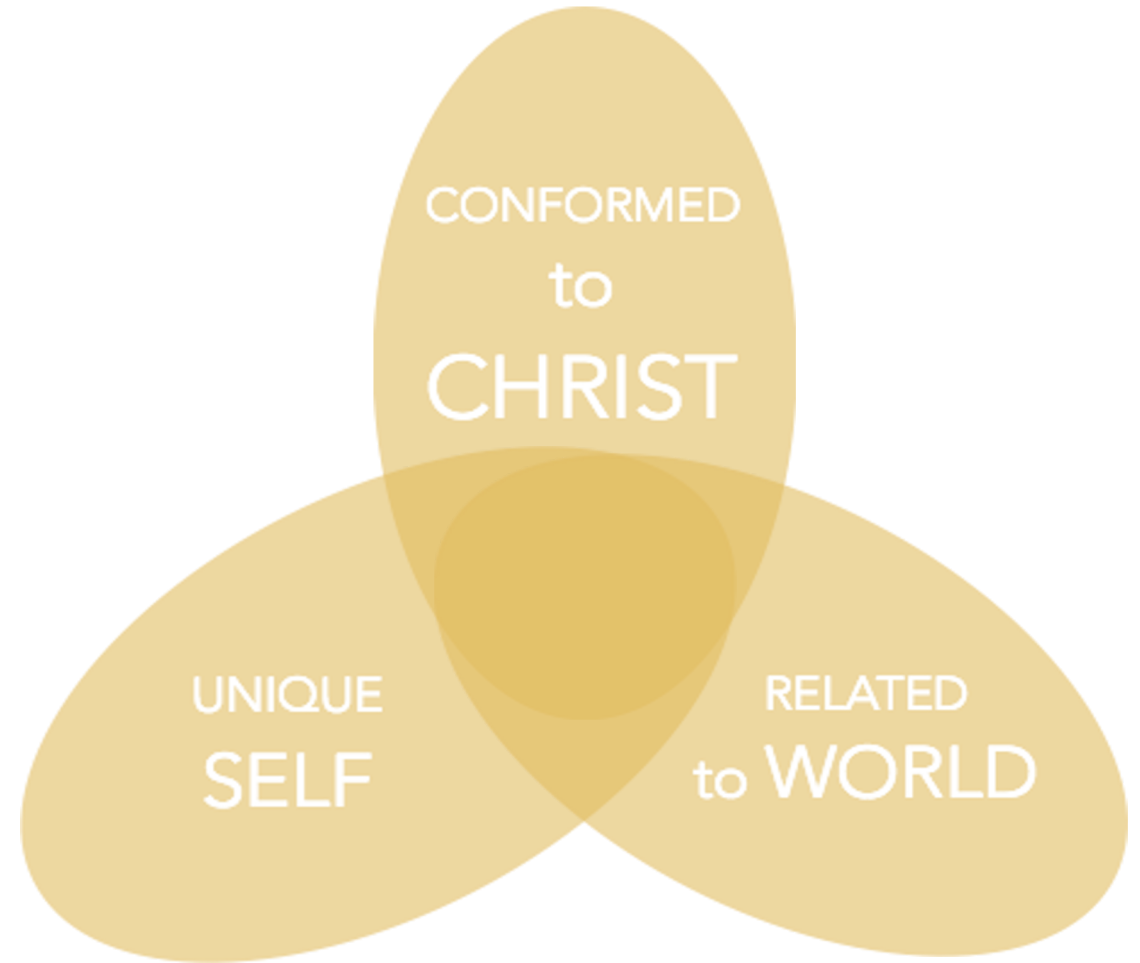
...but not all growth is good growth.



THRIVING is a journey.

TELOS AS...

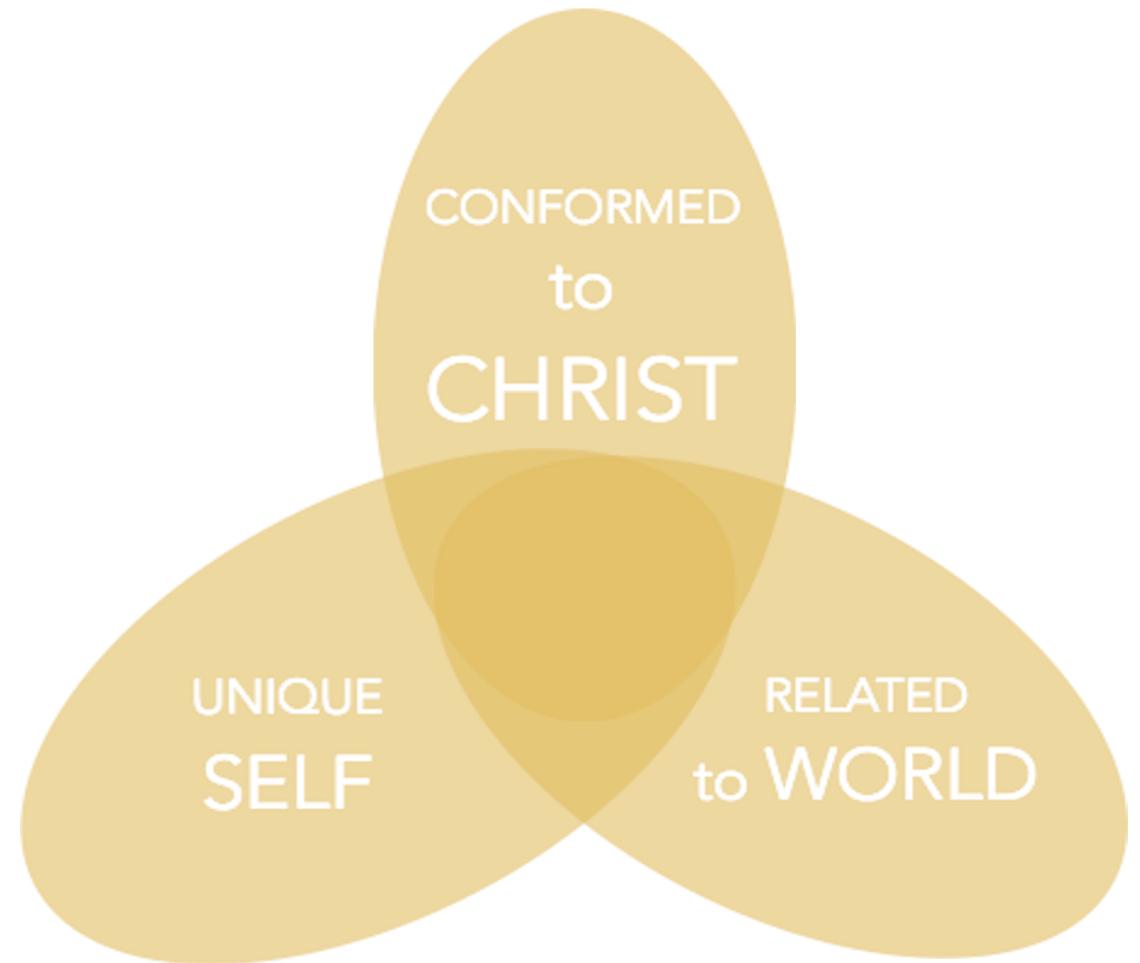
Greek for goal, purpose, and completion.



THE THRIVE MODEL

Trinitarian theological anthropology informs the Thrive Model:

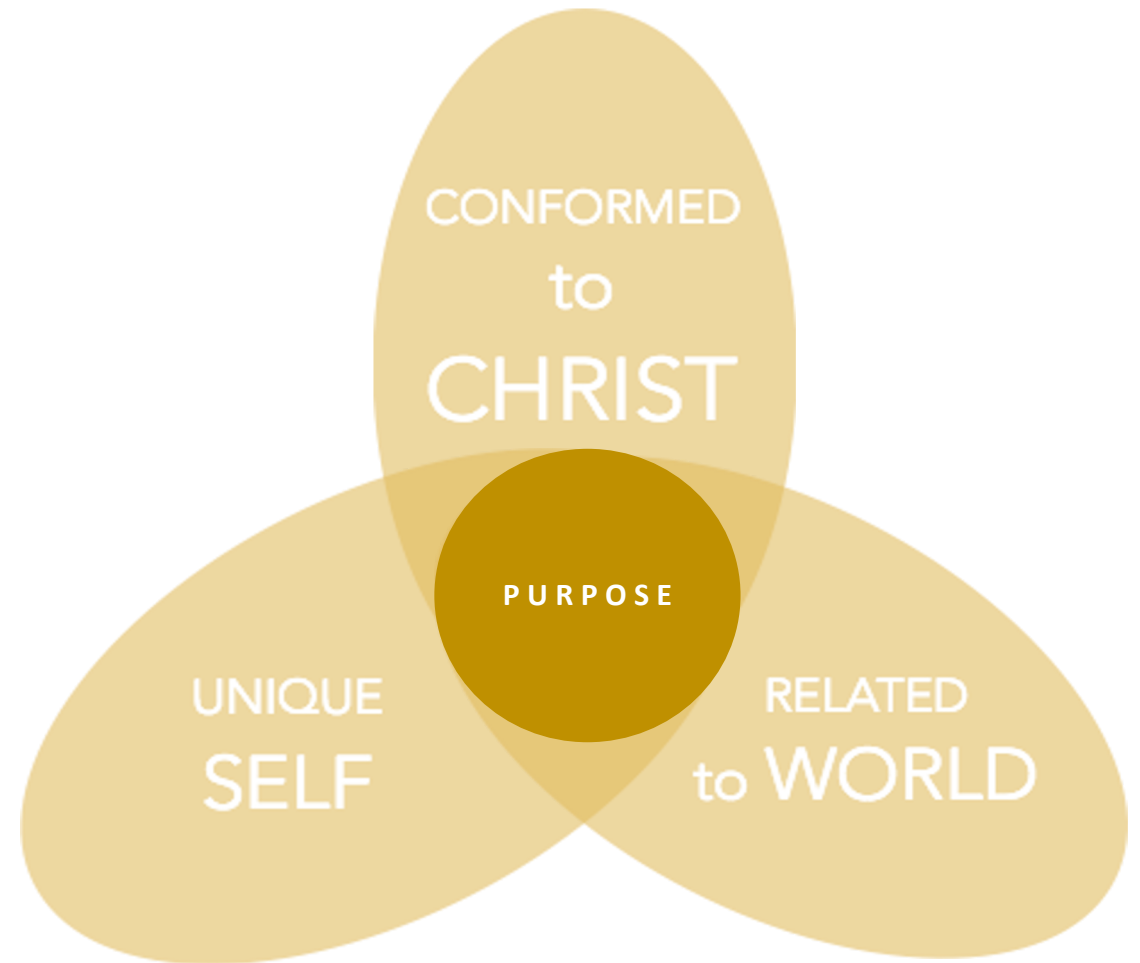
- Becoming more like Christ
- as yourself and
- in deepening relationships.



THE THRIVE MODEL

Trinitarian theological anthropology informs the Thrive Model:

- Becoming more like Christ
- as yourself and
- in deepening relationships.





THRIVING is a journey.

VIRTUES

Consist of thoughts, feelings,
and behaviors.



VIRTUES

Involve the psychological capacities that allow us to know, feel, and do what is right and good in different settings (King et al., 2020).



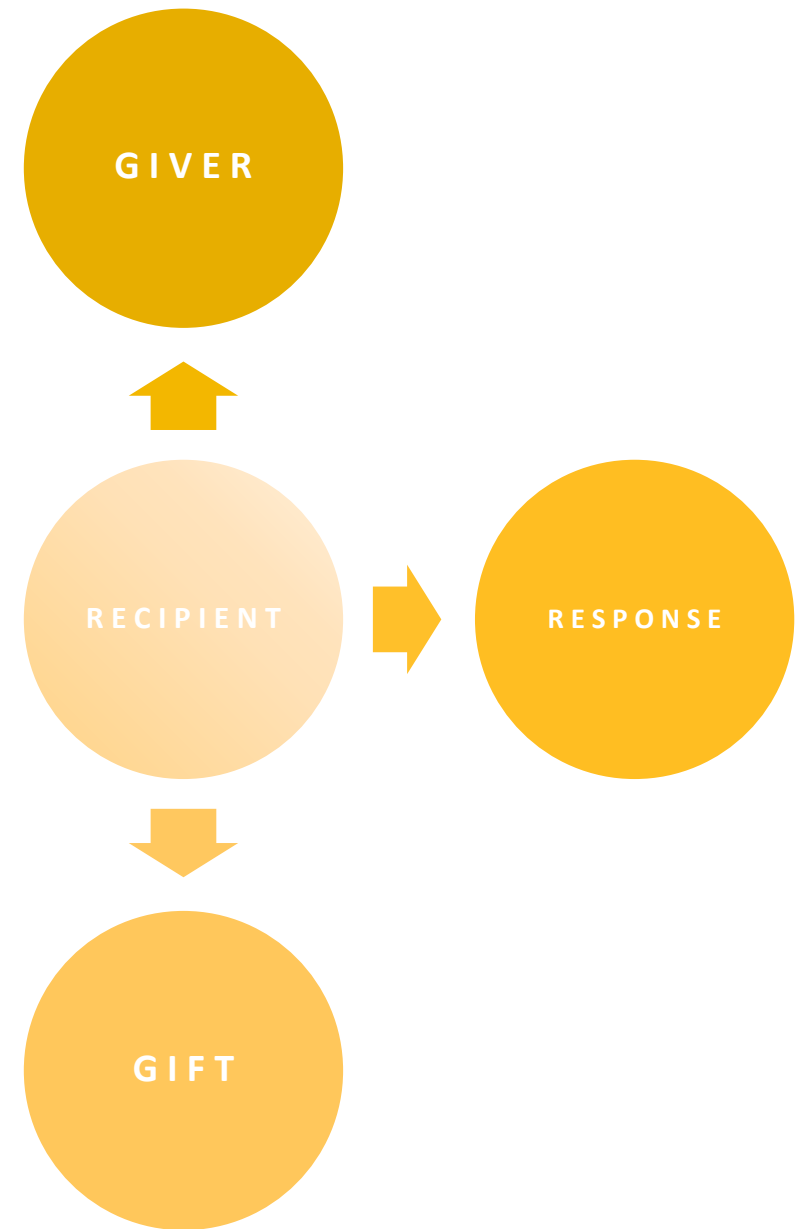
The **thoughts, feelings, and actions** that comprise **GRATITUDE** work together in such a way that they function as our:

1. Navigational System
2. Fuel System

THOUGHTS OF GRATITUDE

Cognitive appraisals...

- The Gift
- The Giver
- The Response



FEELINGS OF GRATITUDE

- Expansive feelings like joy, delight, awe, and elevation.



A person with curly hair, wearing a bright pink t-shirt and dark pants, is sitting in a meditative lotus position on a grassy hill. They are facing away from the camera, looking out over a valley. The sun is setting in the distance, casting a warm glow over the landscape. The hills are covered in green grass, and there are some buildings visible in the valley below. The overall atmosphere is peaceful and serene.

FEELINGS OF GRATITUDE

- Calming feelings like peace or serenity.

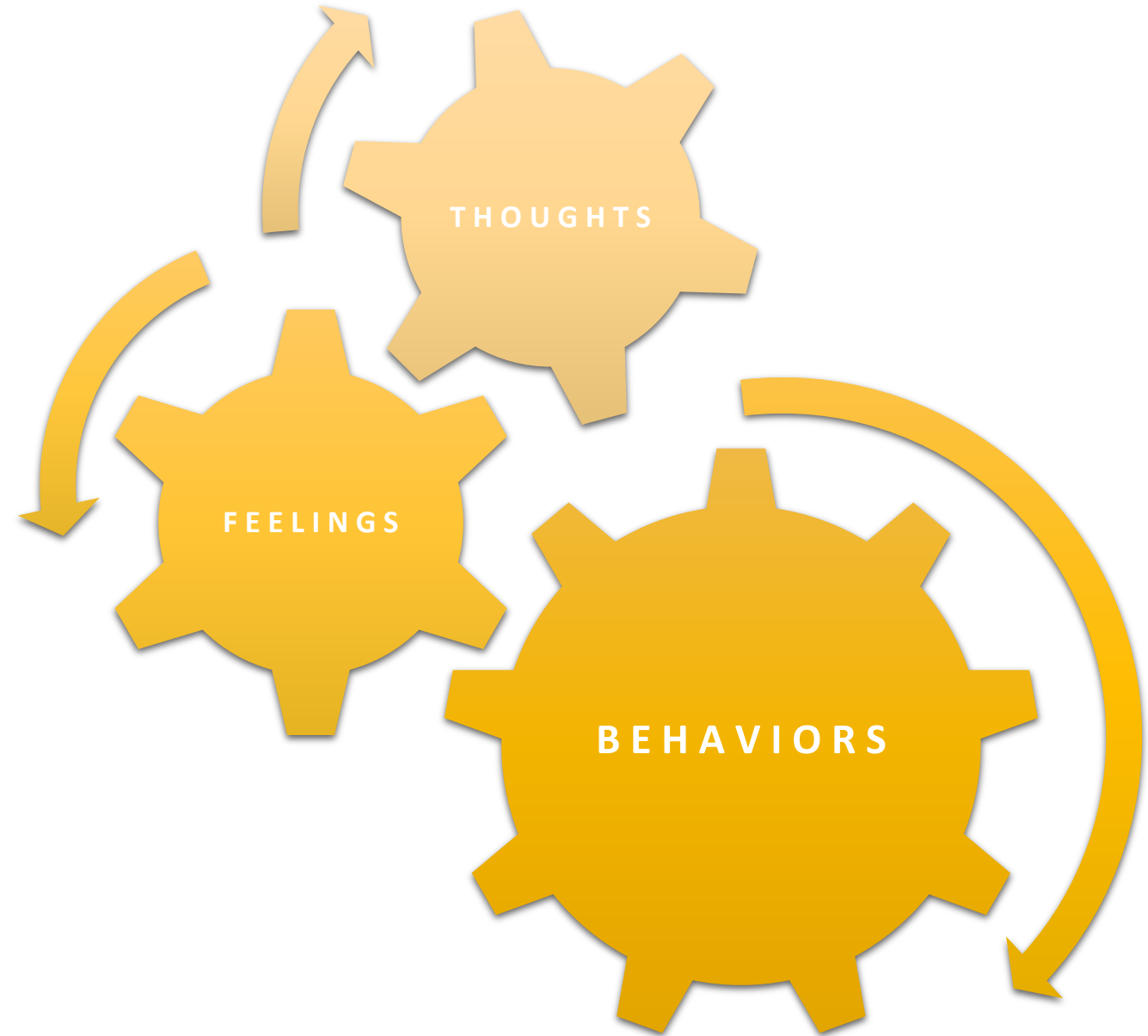
BEHAVIORS OF GRATITUDE

1) **RESPONSES** to the recognition or experience of feelings of gratitude.

2) **PRACTICES** that intentionally or unintentionally prompt experiences of gratitude.

GRATITUDE

The thoughts, feelings, and behaviors function together in a coordinated manner.





NAVIGATIONAL SYSTEM

Virtues serve to direct and orient us towards what matters most or the good life. In a sense, virtues are like a GPS, helping us stay on track and headed towards our purpose.



FUEL SYSTEM

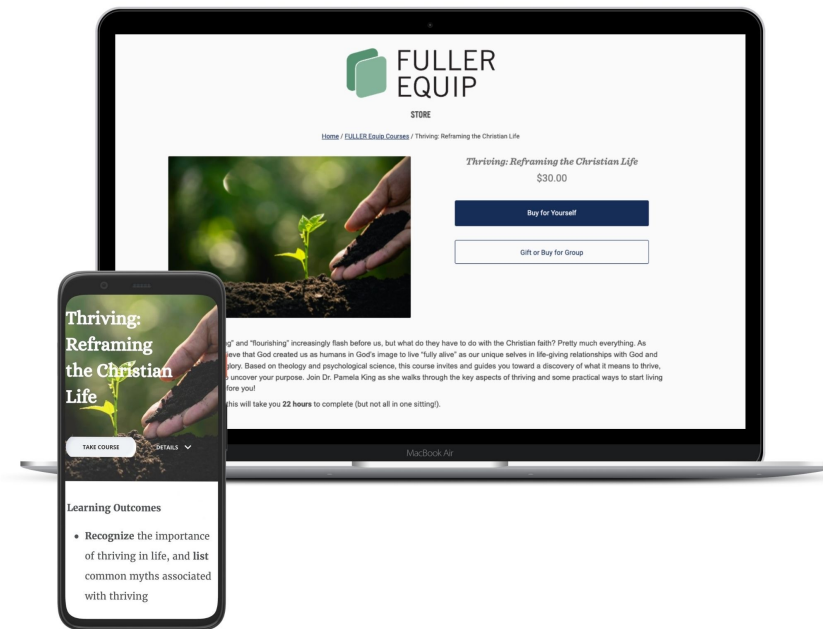
Secondly, virtues motivate or fuel us. They serve as a gas and break pedal, enabling us to know when to slow down speed up towards our purpose.

PRACTICING GRATITUDE

Researchers have noted 4 skills to fostering gratitude:

- **NOTICE** what you have in your life. What are you grateful for?
- **THINK** about why you received this gift. Who gave it to you?
- **FEEL** the positive emotions that come with receiving the gift.
Dig deeper: What about it makes you feel good?
- **DO** something to express your appreciation.

Check out the Thrive Center's newest online course,
THRIVING: REFRAMING THE CHRISTIAN LIFE



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