How to Feel Gratitude Without Feeling Guilty

One of the main issues many people have with gratitude is the guilt that can come with it. You may find it hard to feel enjoy a sense of gratitude if you know somebody going through a tough time. Or perhaps you have lost somebody close to you and it feels wrong to feel grateful or happy.

If you are struggling to feel gratitude without feeling guilty, here you’ll discover some good tips to follow…

Remember that you are worthy

If your guilt comes from feeling like you don’t deserve happiness, you’re going to need to work on your mindset. It is important to remember that like everyone else, you are worthy of happiness.

When you feel guilty for being happy, it could point to low self-esteem. By working on how you feel about yourself, you will start to realize that gratitude isn’t selfish. It is a necessity for living a happy, healthy life.

You are worthy, and you need to consistently remind yourself of that.

Accept you cannot change someone else’s situation

If you know somebody going through a difficult time, counting your blessings may feel wrong. However, this just shows how much empathy you have.

The truth is you cannot always change somebody else’s situation. The reason they are going through tough times is down to the decisions and circumstances of their own life.

Just because somebody you know is going through a tough time, that doesn’t mean you don’t deserve to be happy. In fact, by practicing gratitude, it can help you to be a better source of support. You will be able to identify opportunities and solutions easier than they can.

Lost loved ones would want you to be happy

If your guilt is caused by the loss of a loved one, it’s important to think how they would want you to feel. Would they want you to be miserable and sad? Or would they want you to live the happiest life you could?

Sometimes, we owe it to lost loved ones to live a life that they can’t. This means being happy, content, and thankful for all that you have. By practicing gratitude, you are honoring your loved ones who would want you to live your best life.

Giving gratitude isn’t just about you

A common reason you may feel guilty about practicing gratitude, is because you feel it’s selfish. Focusing on all of the things that you have can feel materialistic and even narcissistic in some cases. However, the truth is real gratitude isn’t about you.

When you practice gratitude, it helps those around you too. You become a more positive, happier person to be around. You also express gratitude to others, helping them to feel more appreciated.

Adding daily gratitude to your life isn’t selfish. It is a great tool for strengthening relationships and making others feel good too.

Write a gratitude letter

Following on from the last point, if gratitude feels selfish to you, focus it onto somebody else. Writing a gratitude letter can help you to feel more positive. You’ll feel good that you are making somebody else feel happier.

Think about how you would feel if you received a gratitude letter from somebody. By showing others how thankful you are, you’ll feel much less guilty about adding gratitude to your daily life.

Gratitude and guilt do often go hand in hand. However, you’ll find over time that guilt will fade. This is especially true if you focus on the tips above.

Still struggling to let go of gratitude guilt? You may find it useful to research the benefits it has for both you and those around you.