



Ascension

Ascension WI EAP

Gratitude For the Present

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"When we are no longer able to change a situation, we are challenged to change ourselves." (Viktor E. Frankl)

Man's Search For Meaning was a book that I read in grade school many years ago. It was written by a psychiatrist, Viktor Frankl, about his experiences as a young boy in a Nazi concentration camp. His focus was not on the many atrocities and unbelievable horrors he witnessed and endured, but on his own attitude -- his choice to focus on the positive and what he was in control of.

Maintaining gratitude in times of adversity and uncertainty is of course a challenge, but having "an attitude of gratitude" is what leads us to an appreciation of what we have. This ultimately brings us to happiness, love, a sense of control, and the support of each other in the present.

Research indicates that people who are grateful, not surprisingly, are the happiest. Many in recovery know the meaning of "one day at a time." This simple statement keeps the focus in the present, and not projecting and forecasting into the future. Doing what needs to be done to stay healthy, (and often not doing the unhealthy things that we would like to do) is hard. Maintaining balance, by not being overly

confident or projecting a future of hopelessness, is also hard.

We live in *The Precious Present*, (another good book and a fast read). The present is really the only time we live in. As difficult as this time is, it is the only time we can be happy. Right. Now.

Right now, will you critically evaluate your attitudes and thoughts? Have you sought opportunities to find meaning and intentionally focused on gratitude in the present moment? What will you do to make the most of this moment and this day?

