

Transformative Potential: The Synergy of Grief and Gratitude

This study aims to shed light on the profound impact of gratitude on the grieving process by investigating the relationship between the cultivation of gratitude and the processing of grief with a focus on resilience, transpersonal gratitude, and nondual awareness. A survey was conducted with 619 participants through the implementation of five comprehensive measures, including the Grief and Meaning Reconstruction Inventory, Adult Attitude to Grief Scale, Gratitude Questionnaire 6, Transpersonal Gratitude Scale, and Nondual Awareness Dimensional Assessment. The findings from this study revealed robust correlations, demonstrating a synergistic relationship between gratitude and grief. The substantial correlations observed in this study demonstrate the potential of gratitude to mitigate adversity in the face of grief. The research indicates that practicing gratitude influences attitudes, meaning-making processes, and positive emotions, thereby fostering resilience and facilitating personal growth throughout the grief journey. This study emphasizes the importance of investigating the role of pre-loss readiness and intentional gratitude development in promoting adaptive outcomes in individuals coping with grief. In conclusion, this research highlights the transformative power of gratitude and its ability to foster resilience and personal growth through the process of grief. The results point to the significance of incorporating gratitude practices into grief counseling and intervention strategies, ultimately paving the way for enhanced well-being and the integration of adaptive coping mechanisms in individuals navigating the challenges of significant loss. This presentation will include an overview of the research question, measures, and methods and conclude with a discussion of the implications of the findings.