



Nine Tea Cups

GRATITUDE
JOURNAL PART 2



Welcome to day seven! Thank you for sharing your gratitude journeys with courage, love and light.

We are so honoured and humbled to have been through this journey with you. And we are excited for the future.

This workbook, is the beginning of the next step: getting underneath our shame and reinforcing our gratitude and self-compassion.

To do that, we've got to talk about emotional numbing. Are you ready?

Big hugs,

Hannah, Zahra & Maxine,

Nine Tea Cups Bakery & Social Enterprise.



"We can only be
said to be alive
in those moments
when our hearts
are conscious
of our treasures."

- Thornton Wilder



The emotional numbing mystery

In the first workbook, we covered identifying what our shame triggers are. But what about the things, people and/or situations that lead us to numb?

Take a moment and use this page, to list the things, people and/or situations that lead you to emotionally numb



How numbing and shame, guilt and pride are related

When you list your numbing activities on the next page, you might find that some of them include some of the very things that stir up shame, guilt and/or pride. All of which activate dopamine based reward systems in our brains and encourage seeking behaviours.

You might find yourself reaching out for social media, bingewatching a show, fury drinking, shopping. It's an interesting journey, and it's one that we encourage you to keep to yourself or share as you see fit.

Gratitude and emotional numbing

Because being grateful means that you have to be present, it becomes very hard to practice emotional numbing and gratitude.

Gratitude helps us move through painful experiences and, eventually, it helps us move beyond them. Emotional numbing keeps us in the moment right after the moment we got emotionally overwhelmed in the first place.



How do I emotionally numb?

On page 4, you outlined your triggers. Now we'd like to ask you to take a moment and write a list of your emotional numbing techniques. You might find that different triggers have different responses, or perhaps that you use different emotional numbing techniques at different times.



What's the difference between numbing
& comfort?

Take this opportunity to list what comforts you and refuels your spirit.

Remember that comfort is restorative whereas emotional numbing keeps us in the same place.



Putting it all into practice: Creating new habits

In the past 7 days, you have created your own gratitude practice. And hopefully, you will have found a way to practice gratitude that works for you; perhaps you practice with your family, perhaps you practice it in moments of quiet, perhaps you practice it as much as you can all of the time.

The key is not to give up on yourself. We know that you can do this - so don't let any negative self talk get in the way of your good. Ever.

Print out your comfort list, make sure you carry it with you and/or put it somewhere so that you will see it regularly each day. Emotional numbing isn't an inevitability, it's just a bad habit that many of us slip into.

If you feel comfortable enough to do so, share your comfort list with a trusted loved one who is happy to help you when you feel overwhelmed and/or you have accidentally slipped into emotional numbing techniques. Take each day one step at a time and remember that there are no mistakes, only opportunities for your growth.



Wear gratitude like
a cloak
and it will feed
every corner
of your life
- Rumi

Thank you so much for being part of this project, it has been amazing working with you!

A reintroduction....



What do you get when you combine a food scientist, a camera woman, a psychology major and lots of food allergies?

Us! We're; Hannah (the psychology major MSc), Zahra (the food scientist), and Maxine (the camerawoman). Between us we have 3000 allergies.

Okay, that's not true, but we have a lot of them! And we've been developing inclusive bakes and foods for just under 20 years now.

But, the world is a big place and to us food is only the beginning of nourishment and sustenance. So every time you buy from us, you are helping us run social skills workshops, body image workshops, accessible community fitness classes, one-on-one and family support sessions. You are helping to make the world a better place, and we are so grateful.

Want to work with us or ask about our support services?
Drop us a line at hello@nineteacups.com

Want to meet us? Come to our instameet in Copenhagen this April, details to follow on the blog!

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