I've Tried Gratitude. Why Do I Still Feel Like This? | Dr. Audrey Schnell Transcript

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You wake up and the very first thing you feel is dread. Different day, but the same struggle. Someone told you, just be grateful. So you got the journal, you wrote the three things, and nothing changed.

You still feel overwhelmed and now like a failure on top of it. Here's what nobody told you. Gratitude was never built to fix everything. So if gratitude hasn't fixed your life, you didn't fail at the practice.

It's not that you weren't grateful enough. You just asked it to do a job it was not designed to.