**Introduction**

The purpose of this experiment was to learn whether writing gratitude letters for 3 days would affect how closely connected I felt with other people in a day. I hypothesized that spending even 20 minutes writing a letter expressing my gratitude for someone in my life would make me feel more connected to other people in a day.

**Methods**

Within a span of one week, I wrote gratitude letters to three distinct individuals on three distinct days, dedicating a minimum of 20 minutes each time. I made sure to try and keep the variables surrounding the letters the same by writing them around the same time every day. I diligently noted my mood levels every night before going to sleep on a scale ranging from 1 to 7 in a notebook. These evaluations were then uploaded via a google form on the last day. This allowed me to determine the level of connectedness I felt on the days following the letters (n=3) and on the days without any (n=3).

**Results**

On days I didn't write any letters how connected I felt to others had a mean of 4 and standard deviation of 0, as compared to on the days I did the score was at 5.67 and the standard deviation was 0.578.

**Discussion**

The results of this experiment show the significant impact of expressing gratitude through written letters on feelings of interpersonal connection. The data demonstrates a clear pattern: on days when I wrote gratitude letters, my sense of connectedness to others increased, with an average score of 5.67, compared to the days without letters, where the mean was 4. This outcome strongly supports the initial hypothesis that even a brief activity like spending 20 minutes writing a letter expressing gratitude can enhance one's sense of connection with others.

However, it's essential to consider the limitations of this study. One significant factor to acknowledge is the influence of in-person interactions with the individuals to whom I addressed the gratitude letters. On the days when I had face-to-face encounters with these individuals, my sense of connectedness, notably increased to an average of 6. In contrast, on days when I did not meet them, the average score was 5. Additionally, the sample size of the study was relatively small (n=3), which limits the generalizability of the results.

In summary, the results of my study suggest a positive correlation between expressing gratitude and enhanced feelings connectedness to others. However, it is crucial to acknowledge the presence of several influencing variables that complicate this relationship. Moving forward, it is imperative to extend the study period, and explore the effects of various types of gratitude on perceived connectedness. Additionally, personally, these results inspire a commitment to continue practicing gratitude as a means to strengthen my connections with others.