



Gratitude is a duty which ought to be paid, but which none have a right to expect.

What does this statement mean to you?

Describe someone who helps you but never makes you feel like *you owe them one*?
Describe someone who helps you but sometimes makes you feel like *you owe them one*?

Compare those two relationships. Who would you share this idea with and how would you advise that person to apply it?
