

## **Abstract**

The present study examined the effect of count-blessing and self-kindness writing on the well-being. Participants were divided into three groups, receiving different writing prompts. Each participants would have 6 days of writing. Their well-being, gratitude and self-kindness level were measured at pre-intervention and post-intervention. There were 3 hypotheses in this study: 1. Both the hedonic and eudaimonic well-being increased for count-blessing writing group and self-kindness writing group from pre-intervention to post-intervention. 2. Gratitude in count-blessing writing group and self-kindness in self-kindness writing group increased from pre-intervention to post-intervention. 3. The change in gratitude in count-blessing group and the change in self-kindness in self-kindness writing group could predict the change in well-being. Hypothesis 1 was supported by the result. Hypothesis 2 was rejected. Hypothesis 3 was partly supported as only self-kindness and self-judging were significant predictors.