

G's

Posted by cordnoy - 28 Jan 2016 13:13

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This tool for recovery has many different names, but i kinda figured that since i have dissed the letter "G" for so long now, it is fittin' that I devote an entire thread to it, so here goes:

Some call it "Veggies," other call it "the four G's," and I will let you search feter G.... to see more about it.

The theory behind it is a simple one. It creates connection to God. It lifts your spirits and keeps you focused.

So, without further ado:

**Gratitude:**

1. for almost a year of sobriety
2. for my third daughter's success
3. for the progress on my primary project
4. for the completion of our 3rd cycle on the phone
5. for the health progress in the family

**Good stuff (victories) (this should be overcomin' specific challenges):**

1. wakin' on time for the early shiur
2. helpin' wife with the early mornin' dressin' (w/o her even askin')
3. supported wife with her work challenges in a pleasant manner
4. looked out for another family even though it meant showin' up late for an appointment
5. skipped over a 20 second part of a clip, knowin' that it was extremely triggerin' to me

Watched several episodes too many last night

1. Avoid distractions and be productive at work (until 10:30) (avoid lofty unreachable goals)
2. Have kavanah by first and last brachah in S"E
3. Exercise

hatzlachah to all

[I thank all those who contributed to this idea and thread; tis one worth emulatin']

Posted by Gevura Shebyesod - 28 Jan 2016 14:19

[illegible]

Posted by cordnoy - 28 Jan 2016 17:20

And btw, this thread is open for anyone to use.

While i did not reach some of my goals today, and some of my "good stuff" did not turn out so good after all, the writin' itself made me more cognizant of my day and has proven to be beneficial.

Thanks

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Re:

Posted by Shlomo24 - 29 Jan 2016 00:50

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Thank you cords.

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Re:

Posted by cordnoy - 29 Jan 2016 13:11

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[cordnoy wrote on 28 Jan 2016 13:13:](#)

This tool for recovery has many different names, but i kinda figured that since i have dissed the letter "G" for so long now, it is fittin' that I devote an entire thread to it, so here goes:

Some call it "Veggies," other call it "the four G's," and I will let you search feter G.... to see more about it. I'm trying to work on how I relate with the biggest "G" of all... GOD

The theory behind it is a simple one. It creates connection to God. It lifts your spirits and keeps you focused.

So, without further ado:

**Gratitude:**

1. for almost a year of sobriety
2. for my third daughter's success
3. for the progress on my primary project
4. for the completion of our 3rd cycle on the phone
5. for the health progress in the family

**Good stuff (victories) (this should be overcomin' specific challenges):**

1. wakin' on time for the early shiur.....and again
2. helpin' wife with the early mornin' dressin' (w/o her even askin')....will do shortly
3. supported wife with her work challenges in a pleasant manner.....ummmm, I basically tried; it did blow up though
4. looked out for another family even though it meant showin' up late for an appointment
5. skipped over a 20 second part of a clip, knowin' that it was extremely triggerin' to me

**Glitch**

Watched several episodes too many last night.....none at all yesterday

**Goals (usually specific tasks; items that we can look back on and see that we've actually made progress; something actionable):**

1. Avoid distractions and be productive at work (until 10:30) (avoid lofty unreachable goals)....happened later; not at that time
2. Have kavanah by first and last brachah in S"E.....75%

### 3. Exercise.....nope

Please see updates above in pink.

You can join as well.

Here is today's list

#### **Gratitude:**

1. for havin' most of my teeth
2. for the happiness of my married kids
3. for the ability to update my projects
4. for the actual completion of our 3rd cycle on the phone
5. for the health hurdle of yesterday

#### **Good stuff (victories) (this should be overcomin' specific challenges):**

1. no episodes yesterday (although some of it was by default)
2. worked productively, although I just wanted otherwise
3. positive reaction when wife was crumblin'
4. gave honor to Rav although I really wanted to be elsewhere
5. email responses were pleasant, although some did not deserve the courtesy

#### **Glitch**

Shacharis and Minchah were pretty disastrous

**Goals (usually specific tasks; items that we can look back on and see that we've actually made progress; something actionable):**

1. Stop to think for several seconds before S"E on the Shabbos tefillos, includin' Minchah and Maariv before and after
2. Avoid starin' at my wife (in that way)
3. Exercise

hatzlachah to all

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Re:

Posted by Workingguy - 29 Jan 2016 13:47

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Hmmmm... I think on my thread the chiddush wouldn't be that Shacharis and Mincha were disastrous; it would be that they were good. So ???? ??? ??? ???? ??; Kol hakavod to you!

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"G" gym

Posted by markz - 31 Jan 2016 18:03

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[cordnoy wrote:](#)

*Exercise:* nope

### ***To Exercise Or Not To Exercise***

It is well documented that for every mile that you jog, you add one minute to your life. This enables you, at age 85, to spend an additional 5 months in a nursing home at \$5,000 per month.

2. My grandmother started walking 5 miles a day when she was 60. She is now 97 and we don't know where the hell she is (btw where's hell)

3. The only reason I would take up jogging is so that I could hear heavy breathing again.

4. I joined a health club last year, spent about \$400. Haven't lost a pound. Apparently you have to show up.

5. I have to exercise early in the morning before my brain figures out what I am doing.

6. I don't exercise at all. If God meant us to touch our toes, he would have put them further up our body.

7. I like long walks, especially when they are taken by people who annoy me.

8. I have flabby thighs, but fortunately my stomach covers them.

9. The advantage of exercising every day is that you die healthier.

10. If you are going to try cross country skiing, start with a small country.

11. And last, but not least, I don't jog - it makes the ice jump right out of my glass.

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Re:

Posted by TalmidChaim - 31 Jan 2016 23:08

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This is great! Am I revealing my relative newb-ness by asking why you don't like the letter, "G?"  
Or do I have to wait for the origin movie: Cordnoy Begins?

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Re:

Posted by cordnoy - 31 Jan 2016 23:16

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[TalmidChaim wrote on 31 Jan 2016 23:08:](#)

This is great! Am I revealing my relative newb-ness by asking why you don't like the letter, "G?"  
Or do I have to wait for the origin movie: Cordnoy Begins?

I'm waitin' to see your list.

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Re:

Posted by TalmidChaim - 01 Feb 2016 12:35

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[cordnoy wrote on 31 Jan 2016 23:16:](#)

[TalmidChaim wrote on 31 Jan 2016 23:08:](#)

This is great! Am I revealing my relative newb-ness by asking why you don't like the letter, "G?"  
Or do I have to wait for the origin movie: Cordnoy Begins?

I'm waitin' to see your list.



Sure thing. It'll do me good.

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Re:

Posted by cordnoy - 01 Feb 2016 17:11

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This tool for recovery has many different names, but i kinda figured that since i have dissed the letter "G" for so long now, it is fittin' that I devote an entire thread to it, so here goes:

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The theory behind it is a simple one. It creates connection to God. It lifts your spirits and keeps you focused.

So, without further ado:

You can join as well.

Here is today's list

**Gratitude:**

1. for my health bein' stable lately b"H
2. for the progress of what can be a difficult parshah
3. for wife's mood
4. for the opportunity of beginnin' our 4th cycle on the phone today

5. for bank account at the end of the month

**Good stuff (victories) (this should be overcoming specific challenges):**

1. learnin' was gesmak
2. connectin' a bit durin' davenin'
3. mikvah night was special
4. no gamblin' for several days (tryin' not to replenish a depleted account)
5. helped out a friend in time of need

**Glitch**

Behind in a very important project

**Goals (usually specific tasks; items that we can look back on and see that we've actually made progress; something actionable):**

1. Continue to think for several seconds before S"E on the Shabbos tefillos, includin' Minchah and Maariv before and after
2. Productive next five hours
3. Exercise (it's still here, for besides for shabbos (?), I have failed miserably)

hatzlachah to all

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Re:

Posted by Bigmoish - 01 Feb 2016 19:07

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My list for today:

**Gratitude:**

1. For my wife being understanding
2. For having good friends to reach out to
3. For having friends who reach out to me, though I doubt they understand how much it helps me

**Good stuff:**

1. Was able to help out my Rebbe with something he needed
2. Having a productive day at work

**Goals:**

1. Try to get up a little earlier to learn for a few minutes before davening...instead of coming late
2. Go to sleep a little earlier so #1 can be "actionable"
3. Continue being productive for the rest of the day

**Glitch:**

Been dwelling on things I shouldn't be a bit too much. Some obsessing yesterday, a tad of resentment today.

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Re:

Posted by Bigmoish - 11 Feb 2016 15:49

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Update:

I haven't gotten up early enough to learn before davening, but I have been coming on time most days. Grade: B

I haven't been going to sleep much earlier, but I've been trying. It's gonna remain a goal. Grade: C+

Productivity has been somewhat up; could be better. Grade: B-

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Re:

Posted by markz - 11 Feb 2016 16:08

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I believe we always downgrade ourselves (and you know where that leads us...)

Productivity somewhat up is A or A+

The G.oal is A++

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Re:

Posted by Bigmoish - 11 Feb 2016 16:09

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Today's list:

**Gratitude:**

For being able to help another in isolation

**Good stuff:**

Had a good time at a wedding recently, reconnected with some old friends

**Goals:**

Be more productive today

Go to sleep earlier

Get up early to learn

**Glitch:**

Past weekend was rough. I let other people's stress get to me too much. Gonna try to prepare myself better for these situations.

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