

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

## **Glitch**

Watched several episodes too many last night

**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)
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']

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Re:

Posted by cordnoy - 10 Mar 2016 13:00

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You can join as well.

Here is today's list

## **Gratitude to God:**

1. for the ease of these tryin' times (sounds contradictory? i know)
2. for the contentness of my adult kids
3. for the ability to make a difference

4. for givin' me another chance

5. for my boss

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

1. shuttin' my mouth when I could've answered wife

2. learned, although was rushed for time

3. mincha - two in a row

4. met with Rav and left upbeat

5. no youtube

**Glitch**

music gettin' to me

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

1. Rememberin' our mission here

2. Remainin' calm - no matter what is thrown my way

3. Exercise

**Gazoo (as in stress)**

1. work

2. life

3. learnin'

4. project

hatzlachah to all

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Re:

Posted by realsimcha - 10 Mar 2016 13:41

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I just found this thread. Its really amazing. I think it may be another tool for me. gonna give it some thought. Thanks for opening it up for us. Will be doing some g thinking...

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Re:

Posted by cordnoy - 13 Apr 2016 23:47

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You can join as well.

Here is today's list

**Gratitude to God:**

1. for the third blessing
2. for the positive bank account
3. for the ability to help others
4. for special intimacy
5. for some caring people in the school

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

1. Not letting it get to me
2. Kept calm and said good stuff

- 3. Met with a fellow
- 4. working with child
- 5. no youtube

### **Glitch**

Davanin' issues

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

- 1. Davanin'
- 2. Learnin' first
- 3. Eat less snack

### **Gazoo (as in stress)**

- 1. life

hatzlachah to all

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G's

Posted by markz - 13 Apr 2016 23:53

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hey mr newoldnewoldnewme

You know why your reply title is Re:.....

missing "G"?

I found out the hard way that any title that has " (double quotes), when you reply to it, it deletes anything past the "

So do the great thing and delete the " (double quotes)

Simply change your 1st and last post Title to G's

You're the man (old young, whateva)!!

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Re: G's

Posted by cordnoy - 14 Apr 2016 02:47

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Next time, I'll add Mark zee to my gratitude list for knowin' all this stuff.

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Re: G's

Posted by cordnoy - 14 Apr 2016 02:47

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[cordnoy wrote on 14 Apr 2016 02:47:](#)

Next time, I'll add Mark zee to my gratitude list for knowin' all this stuff.

And for sharin' it with us.

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Re: G's

Posted by markz - 14 Apr 2016 10:27

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[cordnoy wrote:](#)

Next time, I'll add Mark zee to my gratitude list for knowin' all this stuff.

I'm grateful you're grateful 'bout me

G eneraly I prefer not to be on lists

G reat other truckers must be on your G too

G oogle is the amt of guys you'll have to mention

G uaranteed that my ideas make people say

G eeeeeeeeeeeeeeeee, but here's a new one

G ive mention rather to the few nGo's (not gooders)

G o make a shorter

G ye R' list

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Re: G's

Posted by cordnoy - 14 Apr 2016 11:58

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There is a group I know (of about five) who post a new "G" list every day, or every other day. They claim that it works for them.

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Re: G's

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Posted by markz - 14 Apr 2016 13:49

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Can gye give them access please to share the daily G's with us

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Re: G's

Posted by cordnoy - 14 Apr 2016 16:03

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[markz wrote on 14 Apr 2016 13:49:](#)

Can gye give them access please to share the daily G's with us

They do share on gye.

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Re: G's

Posted by cordnoy - 14 Apr 2016 17:00

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[markz wrote on 14 Apr 2016 13:49:](#)

Can gye give them access please to share the daily G's with us

Here is an example:

Grateful:

got out of work quickly



boss away again

off Facebook for a bit = more headspace

had enough to last me without going to supermarket again

washed sheets on lunch break yesterday so feels like it got done magically

victory :

returned items to father

spoke my piece amongst hostile colleagues

chatted to newbie at work

didn't take laptop back so I can't use wifi at house overnight

moved clothes from lounge to my room to be folded

charged phone overnight

parked somewhere safe even though other space was closer

goal:

make bed (as if for a guest)

put in diary upcoming therapy sessions

Take out cash to pay for appointment

glitch

fantasised/dwelled on issue

put myself down in conversation

didn't deal with jury duty

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Re: G's

Posted by cordnoy - 14 Apr 2016 23:02

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And here is another....lookin' back at the day behind us....

Gratitudes: - had a good day at work today - good speaker on DC's call - watched a video for college and it was not triggering! - uh oh... getting desperate... I had a really good piece of salmon for lunch - had a few nice, healthy conversations with friends  
Victories: - I used the "I'm not being with you today" trick - and it worked! - I went through 1/4 of my huge stack of papers - I took the time to send a "nachas" email to a couple of parents - I didn't respond with annoyance to my mom - I'm taking the time to do

this now Glitch: broke my diet...makes  
me feel out of control Goal: Finish my  
stack of papers before work  
tomorrow... fat chance though...

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Re: G's

Posted by cordnoy - 14 Apr 2016 23:04

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And I never asked for that box.

Why can't we simply copy and paste any more?

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Re: G's

Posted by eslaasos - 15 Apr 2016 03:49

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I love this thread. Here goes:

Gratitude:

Had quality time with son

Had enough money to pay some big bills

Sholom Bayis been good

Victories:

Made it to shul on time, despite little sleep

Completed stage 1 of a big job in work

Kashered the kitchen for Pesach

Glitches:

Snapped at the kids a few times

Chapped-a-Mincha in the worst possible way

A friend reached out with some bad news, didn't have any eitza for him.

Goals:

Work on the next step of recovery, as explained by Una

Stay positive with the kids

Complete next stage of job at work

Stay positive with extended family over the weekend

Catch up on sedarim commitments.

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