

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: G's

Posted by MayanHamisgaber - 09 May 2017 21:02

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Maybe he is and that is why I cannot "catch" him to talk a little

OH WELL

(but why does he not tell me?????)

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Re: G's

Posted by Trouble - 09 May 2017 21:23

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[MayanHamisgaber wrote on 09 May 2017 21:02:](#)

Maybe he is and that is why I cannot "catch" him to talk a little

OH WELL

(but why does he not tell me?????)

He tried, but you were sleeping.

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Re: G's

Posted by Bigmoish - 09 May 2017 21:27

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[MayanHamisgaber wrote on 09 May 2017 21:02:](#)

Maybe he is and that is why I cannot "catch" him to talk a little

OH WELL

(but why does he not tell me?????)

I had to tell the following to someone close to me recently:

There are mitzvos of Kibbud and Mora Av V'Eim. There is no mitzvah of Kibbud Ben U'Bas.

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Re: G's

Posted by MayanHamisgaber - 09 May 2017 21:27

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Ther be other times in the day that I no b slee

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Re: G's

Posted by MayanHamisgaber - 09 May 2017 21:32

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[Bigmoish wrote on 09 May 2017 21:27:](#)

[MayanHamisgaber wrote on 09 May 2017 21:02:](#)

Maybe he is and that is why I cannot "catch" him to talk a little

OH WELL

(but why does he not tell me?????)

I had to tell the following to someone close to me recently:

There are mitzvos of Kibbud and Mora Av V'Eim. There is no mitzvah of Kibbud Ben U'Bas.

I have a lot to say about this but let us just leave it for now (and not on this thread for sure)

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Re: G's

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Posted by cordnoy - 10 May 2017 03:09

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**Gratitude:**

1. for wife's moods
2. for wife's commitment
3. for health
4. for my job
5. for fatherhood

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

1. givin' partner space and respect
2. maintainin' diet
3. not allowin' fellow to get under my skin
4. Mincha goin'

**Glitch**

lookin' where I shouldn't

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

1. Turn the other way
2. Compassion when faced with challenge

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Re: G's

Posted by cordnoy - 17 May 2017 17:39

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**Gratitude:**

1. for health
2. for today's bank status
3. for health
4. for sobriety
5. for the majority

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

1. stayin' above the fray
2. Three days in a row wakin' up early

**Glitch**

Searchin' and watchin' one clip for twenty seconds

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

Take prayers outta wallet and actually say 'em

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Re: G's

Posted by Mesayin - 17 May 2017 18:29

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[cordnoy wrote on 17 May 2017 17:39:](#)

**Gratitude:**

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1. for health
2. for today's bank status
3. for health
4. for sobriety
5. for the majority

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

1. stayin' above the fray
2. Three days in a row wakin' up early

**Glitch**

Searchin' and watchin' one clip for twenty seconds

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

Take prayers outta wallet and actually say 'em

Just pointing out, you wrote twice by gratitude "For Health". Does that you mean you are doubly grateful?

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Re: G's  
Posted by cordnoy - 17 May 2017 18:59

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Yes.

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Re: G's

Posted by cordnoy - 26 Sep 2017 12:03

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**Gratitude:**

1. for health
2. for boss' attitude
3. for work satisfaction
4. for sobriety
5. for kids growth

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

1. Stayin' calm in stressful times
2. Sayin' the prayers (4 & 6)
3. Keepin' quiet on Shabbos

**Glitch**

Watchin'

Selichos

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

Stayin' away from wife

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Re: G's

Posted by cordnoy - 29 Jul 2018 14:19

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Techiyas hameisim, cuz I need it badly.

**Gratitude:**

1. for health in family
2. for two people's generosity
3. for daughter's work progress
4. for sobriety
5. for work success

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

1. For workin' on bitachon in stressful situations
2. Learnin' yesterday

**Glitch**

Fantasizin' slightly

Davanin'

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

1. Will not look (again) at backsides
2. Will think before recitin' three blessin's

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Re: G's

Posted by cordnoy - 21 Aug 2018 12:43

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**Gratitude:**

1. for normalcy in family
2. for bank account
3. for zman startin' again
4. for the serene times
5. for bein' busy

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

1. Stayin' afloat durin' turbulent bedroom stuff
2. Davanin' from a siddur

**Glitch**

Maariv

Starin'

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

1. Will not take second look the next time (not forever, not the entire day, just the next time) this nisayon appears (I'm kinda disgusted with myself, when I think about it, that there is a good probability that I will take this stinkin' habit of mine to the grave, and that that day is comin' closer).
2. Will think before recitin' three blessin's (this worked for a day; damn, it hurts seein' that I couldn't maintain somethin' good for even a couple of days).

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Re: G's

Posted by Realestatemogul - 21 Aug 2018 21:22

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So I heard this as just VeGs so here goes...

#### Victories

- 1) Took a test and didn't beat myself up for doing just okay
- 2) Had a productive day
- 3) Went for a run last night
- 4) Edited out the lack of positivity in one of the victories before #4

#### Gratitude

- 1) Thank you Hashem that I got a great new chavrusa
- 2) ...for the text this morning that my StudyPartner (Less affiliated) was excited to study tonight
- 3) ...for bringing me back to GYE
- 4) ...for 8 days clean going on 90!

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Re: G's

Posted by cordnoy - 21 Aug 2018 22:56

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[Realestatemogul wrote on 21 Aug 2018 21:22:](#)

So I heard this as just VeGs so here goes...

#### Victories

- 1) Took a test and didn't beat myself up for doing just okay

2)Had a productive day

3)Went for a run last night

4)Edited out the lack of positivity in one of the victories before #4

Gratitude

1)Thank you Hashem that I got a great new chavrusa

2)...for the text this morning that my StudyPartner (Less affiliated) was excited to study tonight

3)...for bringing me back to GYE

4) ...for 8 days clean going on 90!

Great stuff!

This thread is for everyone!

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