

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 Realestatemogul - 29 Aug 2018 02:34

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Victories:

-#Day16

-Caught up with alot of friends

-did alot of work

-got up by 830

-spoke to YBS

Gratitudes:

-BH Im healthy

-Ive grown tremendously over the past five years

-I have all my neccessities and more

Glitch:

I could have been more productive with some work

Goals:

to not to take pleasure from looking at ppl in the streets tommorow

to be mesameach the chassan at tommorow nights wedding

to be work diligently at work tommorow

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Re: G's

Posted by cordnoy - 29 Aug 2018 06:59

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Goals.....to post here tomorrow.

Ggggggreat job sir!

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Re: G's

Posted by lionking - 29 Aug 2018 08:01

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**Gratitude:**

1. For a great boss.
2. For mine and my family's health.
3. For some great people here.

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

1. Reliving stress in a healthy manner.
2. Surrendering a specific intrusive thought.
3. Being productive at work.

**Glitch**

1. Being in isolation.
2. Watching too much videos.

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

1. Get up by 6:30am.
2. Daven Shachris properly.
3. Keep connected on at least a weekly basis.

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Re: G's

Posted by cordnoy - 31 Aug 2018 13:51

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[cordnoy wrote on 29 Aug 2018 06:59:](#)

Goals.....to post here tomorrow.

Ggggggreat job sir!

Tomorrow, tomorrow.....it's only a day away....

**Gratitude:**

1. for daughter goin' to school
2. for daughter goin' to school
3. for bonus
4. for stayin' above the fray
5. for 11,000 posts and remainin' sane (although that's debatable)

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

1. Actually bein' there for 80% of shacharis, and stayin' till the very end
2. Deletin' pic that showed up from 2015 (although I looked if there were any more hidin')

**Glitch**

Lookin' twice at pic (my goodness, the memories, and even now, it stays with you)

Raisin' my voice

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

1. On time to Mincha today
2. Use a bentcher

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Re: G's

Posted by lionking - 31 Aug 2018 17:18

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**Follow up update:**

[lionking wrote on 29 Aug 2018 08:01:](#)

**Gratitude:**

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2. For mine and my family's health.
3. For some great people here.

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

1. Reliving stress in a healthy manner.
2. Surrendering a specific intrusive thought.
3. Being productive at work.

**Glitch**

1. Being in isolation.
2. Watching too much videos. B"H haven't watched the last few days.

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

1. Get up by 6:30am. B"H starting to get there. Between 6:30 - 6:45.
2. Daven Shachris properly. Still trying
3. Keep connected on at least a weekly basis. Need to keep this ongoing.

Git Shabbos!

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Re: G's

Posted by Trouble - 05 Sep 2018 03:29

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[cordnoy wrote on 31 Aug 2018 13:51:](#)

[cordnoy wrote on 29 Aug 2018 06:59:](#)

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How many went to school?

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Re: G's

Posted by Shivisi\_Hashem - 05 Sep 2018 04:15

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Gratitude:

1. Im healthy and my family too.
2. I have a great job.
3. Im part of GYE. And im clean

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

1. Someone spilled a cup of water on my hat, and i told him, that nothing happaned, its only water, even i wasent happy, but i wanted to make that person happy too.
2. Build my entire Sukkah, even i was soakingwet from sweat, i kept on saying, Lshem Mitzvas Sika, and it should be Kapuras Avoinas..
3. I listened very patiently to my kids after a tough day at job...

Glitch

Its still bothering me when i see something on the street which i shouldnt, i try to be Me.  
Perfect....

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

1. Focus on my words the ENTIRE Shmoina esra.
2. Give daily tsadakah
3. Do a Chesed every day

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Re: G's

Posted by cordnoy - 05 Sep 2018 09:58

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[Trouble wrote on 05 Sep 2018 03:29:](#)



[cordnoy wrote on 31 Aug 2018 13:51:](#)

[cordnoy wrote on 29 Aug 2018 06:59:](#)

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How many went to school?

Actually several, but I was referrin' to one in particular, and I was doubly thankful.

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Re: G's

Posted by cordnoy - 16 May 2019 04:03

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**Gratitude:**

1. for daughter smilin'
2. for son pushin' himself
3. for bank account
4. for meds
5. for not gettin' caught

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

Was mevater and pretended that all is well between me and that guy; he felt real swell

**Glitch**

The entire day

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

1. 3 minyanim tomorrow
2. Stayin' away from that other account and searches

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Re: G's

Posted by lionking - 16 May 2019 04:12

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[cordnoy wrote on 16 May 2019 04:03:](#)

2. Stayin' away from that other account and searches

Hey, didn't know you had another account on gye. Do you ever moderate your own other account messages?!

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Re: G's

Posted by cordnoy - 17 May 2019 01:11

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[cordnoy wrote on 16 May 2019 04:03:](#)

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**Glitch**

The entire day

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

1. 3 minyanim tomorrow

2. Stayin' away from that other account and searches

**Gratitude:**

1. for daughters' attitude
2. for older sons' situation
3. for unexpected envelope
4. for the unstressor
5. for job

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

For remainin' calm, upbeat and future-focused when dealin' with some moderatin' yuchy sruff

**Glitch**

The entire day - x2

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

1. 3 minyanim tomorrow - thank God this was completed; felt good.
2. Stayin' away from that other account and searches - failed miserably, from the moment I awoke.

New goal: complete learnin' quotas over the weekend

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Re: G's  
Posted by Bigmoish - 05 Jan 2021 17:42

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[cordnoy wrote on 05 Sep 2018 09:58:](#)

[Trouble wrote on 05 Sep 2018 03:29:](#)

[cordnoy wrote on 31 Aug 2018 13:51:](#)

[cordnoy wrote on 29 Aug 2018 06:59:](#)

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Actually several, but I was referrin' to one in particular, and I was doubly thankful.

Throwback to the days when it seemed like a reach to be thankful for kids going to school. As usual, cords was way ahead of his times...

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Re: G's

Posted by Bigmoish - 05 Jan 2021 18:06

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**Gratitude:**

1. for having work to do
2. for being well rested
3. for son doing homework
4. for wife being pleasant
5. for having gotten up more or less on time

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

1. Have not searched for porn in some time
2. Have behaved in the bedroom lately
3. Have let go of posts here that would usually bug me (maybe I'm maturing in my old age)

**Glitch**

1. Been antsy at nights; have masturbated several times recently

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

1. Davening at the early minyan tomorrow
2. Staying current with the daf
3. No masturbation tonight (seems obvious; no making fun!)

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Re: G's

Posted by YeshivaGuy - 05 Jan 2021 20:58

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[Bigmoish wrote on 05 Jan 2021 18:06:](#)

3. Have let go of posts here that would usually bug me (maybe I'm maturing in my old age)

If u disagree with stuff and have what to say then say it! As long as it's done in a respectful manner, it can only do good

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