

Appreciation

Posted by jewish jew - 26 Mar 2019 22:06

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Last week in the Midrash there are whole paragraphs praising the goodness of being appreciative & grateful of everything in life.

So after not posting on this forum for many years I would like to try and starting such a thread.

I have been pushing this off for a few weeks and so I'm posting this as a starting point, hopefully more will follow on a regular basis.

Now you may ask why in the GYE forums? Well because here are a group of people who takes things that people post seriously, with thought and understanding, unlike other places where if and when you post it very often becomes a joke or a heavily debated argument.

So Thanks You Hashem (& everyone here) for making this place, what it is!

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Re: Appreciation

Posted by jewish jew - 29 Mar 2019 17:13

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So here I start with the number 1.

I've been under quite some pressure lately with bureaucratic issues.

I know I need to deal with them but it's tough & expensive.

Whatever it is, as the day wears on you start getting overwhelmed and by the time I go to sleep I've half given up and my mind is running around in circles.

Thank You Hashem for creating sleep!!!

Even though it's hard to fall asleep initially, once you wake up you are with fresh energy, the thoughts have been sorted out and manageable and you start tackling them head on with fresh vigor.

Thank You Hashem for sleep!!

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Re: Appreciation

Posted by jewish jew - 01 Apr 2019 19:44

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2. The bliss of no obsessive feeling to check your email or status on the WhatsApp etc. Even though during the week you very often want it, the fact that you know you are attached to it and have little control over it then comes a long Shabbos & the feel of control is back!

Thank you Hashem for my wonderful last Shabbos!

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Re: Appreciation

Posted by jewish jew - 02 Apr 2019 04:28

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3. After going through a very, very difficult time finding a therapist, the last few months one seems to have been found & B"H things are on the road again.

Thank you Hashem for the find.

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Re: Appreciation

Posted by jewish jew - 02 Apr 2019 21:13

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4. On a lighter note.

How about that completeness feeling you get when you cut the plastic tablecloth off a roll with a pair of good scissors and it just glides through in perfect line in one go!?!?

Thanks Hashem for that feeling!

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Re: Appreciation

Posted by bego - 03 Apr 2019 16:45

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Thank you Hashem that even with all my stress, I have a wife and kids to go home to. Life isn't that bad when phrased like that!!

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Re: Appreciation

Posted by jewish jew - 04 Apr 2019 19:51

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100% Correct.

The issue is that we very often look over the things and especially the small obvious ones.

Those are the one's I need to focus on more instead of seeing negativity.

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Re: Appreciation

Posted by jewish jew - 04 Apr 2019 19:59

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5. I've got myself back on a Torah learning schedule which gives me the content/satisfactional feeling you need to successfully disengage from the www (**wicked** world web).

Thank you Hashem!

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Re: Appreciation

Posted by jewish jew - 23 Apr 2019 17:13

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6. Have been busy with Pesach etc.

Thank you Hashem for the wonderful Yom Tov!

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Re: Appreciation

Posted by higher - 23 Apr 2019 18:54

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high!

do you mind if i post on your thread?

i love this idea!

im going through a rough time and i thought it would be helpful to write a thank you list.

1. thank you Hashem for the kosher lpesach foods that are sold in stores, that makes chol hamoed trips alot easier!

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Re: Appreciation

Posted by higher - 29 Apr 2019 03:33

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#2 thank you Hashem for the warm feeling when i rub my feet against my covers and sheet on my mattress.  
shtikan k'hoda'ah, i guess...

#3 thank you hashem for an awesome leil shvi'i shel pesach

#4 thank you Hashem for rebbeim to talk to and for therapists.

#5 although i view my personality as hard to deal with (many times.) thank you Hashem for making me ME. at the end of the day-i love my strengths.

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Re: Appreciation

Posted by jewish jew - 29 Apr 2019 22:15

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Hello Higher,

Of course you can post on this (not my) thread.

I was just busy with Pesach so didn't have too much time to respond.

I'll trying getting back to posting in the coming days.

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Re: Appreciation

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Posted by jewish jew - 02 May 2019 22:25

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Back to business...

Thank you Hashem for the work so that I can sustain my family.

Yes, the job may be tough, but it sure helps pay the bills at the end of the month...

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Re: Appreciation

Posted by higher - 02 May 2019 23:51

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thank you hashem that i had an open conversation with my wife and i was able to reach her and our shalom bayis will hopefully improve. thank you hashem for yummy shabbos foods.

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Re: Appreciation

Posted by jewish jew - 07 May 2019 02:46

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I can't elaborate to much as it's something private and may give away to much details, but

Thank You Hashem for finding another opening for an appointment.

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