

Thank You Hashem - Recognizing the Good

Posted by 138eagle - 25 Feb 2025 21:51

The days move on, my difficulties did not end.

Yesterday again I had a hard day, I felt myself down again. I realize that I need to focus on the ??? that is in my life, and to thank ???"?" for all of it, this will be the only way that I can move forward.

Often on these forums there is a focus on what is bothering us, and that is very important. But we need to also focus on the triumphs of life.

So as I was talking to a friend from here, I challenged him that we will be in contact each day to focus on something to thank ???"?" for each day. This will give us the strength to continue life.

So here it is, the Thank You Hashem Thread.

I will bl"n post here a good point of my life each day, and I invite and challenge you all to join me as I embark on this journey of focusing on the good that I have.

(this is not in any way to minimize anyone's difficulties and challenges, including my own this is hopefully a way to deal with them)

Some points, as I begin on how I would like this to look.

1. Aim for one month of every day.
2. Thank ???"?" in detail.
3. It should not be repetitive. Do not repeat the same thing for at least 10 days.

Join us! Recognize the good in our lives!

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Re: Thank You Hashem - Recognizing the Good
Posted by 138eagle - 03 Mar 2025 22:26

[BenHashemBH wrote on 03 Mar 2025 14:24:](#)

Shalom Reb Eagle,

I love what you have started and it's a tremendous chizzuk and lesson that I ought to follow.

Your last 7 days were thank yous for external things. Wondering if you've got an internal thank you (self-appreciation) coming down the line?

Keet it up Brother!

Oh Boy!

You are putting me on the spot! This will take a lot more thought. But I accept the challenge. I will work on this.

Thank you

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Re: Thank You Hashem - Recognizing the Good

Posted by 138eagle - 04 Mar 2025 22:07

Day 9

Thank you ????"? for a wonderful family that is supportive of all that I do. Both my immediate family and my extended family.

In many trying times, members of my family have stood behind me. Besides for the actual encouragement and assistance that I get from them from time to time, the feeling that I am not alone is fantastic!

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Re: Thank You Hashem - Recognizing the Good

Posted by 138eagle - 05 Mar 2025 21:26

Day 10

Thank You ????"? for bringing me to GYE!

Coming here and being clean for a **year!!** is wonderful! No explanation needed.

The ability to be able to not get caught in the web of ????? of porn and fantasizing. Gevaldik!!

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Re: Thank You Hashem - Recognizing the Good

Posted by 138eagle - 06 Mar 2025 17:26

Day 11

Thank You ????"? for the ?? to be able to recognize the good person that I really am inside.

Through my being here on GYE for a year, I have recognized that I am not a bad person inside. I am a regular good person, and I can overcome challenges. – A truly amazing recognition!

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Re: Thank You Hashem - Recognizing the Good
Posted by 138eagle - 07 Mar 2025 18:39

Day 12

Thank You ????" for being able to attain an inner peace and calm in the face of challenges.

I used to fall apart and blow up at my kids when they were not behaving the way I wanted them to. I am now able to retain my calm to deal with them and not alienate them.

Thank you!!!

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Re: Thank You Hashem - Recognizing the Good
Posted by 138eagle - 10 Mar 2025 20:46

Day 13

Thank you ????" for being able to go to shul Friday night to learn with my boys.

The pleasure of hearing them want to go to learn and wanting to learn with me is a wonderful feeling of accomplishment and satisfaction.

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Re: Thank You Hashem - Recognizing the Good
Posted by 138eagle - 10 Mar 2025 20:47

Day 14

As we approach the extra special Yom Tov of Purim, I feel nervous that things regarding the Seuda should work out. Where are we going to be for the Seuda? Will I enjoy it? Will it be something uplifting? Will my wife enjoy it? Will my kids enjoy it?

Thank you ????" for sending me some of the answers to some of these questions quickly.

For sending us the appropriate company for the seuda that at least it appears that most of the family (including me. Yes, I have feelings too) will appreciate.

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Re: Thank You Hashem - Recognizing the Good
Posted by 138eagle - 10 Mar 2025 20:49

Day 15

(I think that this one is really special, it goes deep down to real inside feelings and is a real internal thank you)

As the Yom Tov of Purim approaches, I feel a deep anxiety about what is going on. The preparations surround me at home, but I wonder. Will everyone enjoy the Yom Tov? Will there not be too much fighting and stress? Will I be able to pay for everything?

I felt a real and almost disabling anxiety coming on.

Thank you Hashem for giving me the strength to look inside myself and realize what it is that is troubling me. Thank you Hashem for giving me the strength to try to call a friend/mentor to talk to (he didn't answer). Thank You Hashem for giving me the strength to get up and go out and do what I needed to do to prepare for this most special Yom Tov. Thank you Hashem for giving me the strength to focus on my feelings and to know what I am feeling and how to get myself to feel better. I came home from doing my part of the preparations and went to my study and learned for a while and noticed the good smells around me and enjoyed them.

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Re: Thank You Hashem - Recognizing the Good
Posted by 138eagle - 11 Mar 2025 19:12

Day 16

Thank you Hashem for being able to help other people.

In whatever situation that I am in, even with my struggles and troubles. I am able to find myself and my family a way to help others around me. Either friends or family.

Each person is like on a ladder, getting help from the people on top of him and giving help to those under him.

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Re: Thank You Hashem - Recognizing the Good
Posted by 138eagle - 12 Mar 2025 22:13

Day 17

Thank you ????"? for my wonderful kids.

Yes, for each and every one of them.

The very fact that I have them is a ????? in itself.

And they are truly wonderful people. Under all the heartache that they (sometimes) give me, they really have their minds set straight and are good caring people.

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Re: Thank You Hashem - Recognizing the Good
Posted by 138eagle - 12 Mar 2025 22:14

I had a fantastic experience with this project yesterday evening as I davened Maariv.

As part of this plan, I have been focusing on thanking ????"? in davening as I say ?????? for whatever the days thank you is. Yesterday as I was davening I reached the words ?? ?????? ???????? ???? ???? ???? ????? ???? and I began to recognize the awesome good of ????"? and my eyes filled with tears of gratitude to ????"?.

What a fantastic feeling.

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Re: Thank You Hashem - Recognizing the Good
Posted by 138eagle - 13 Mar 2025 17:05

Day 18

Thank you ????" for being surrounded by wonderful Yidden that are all involved in getting ready for a wonderful Yom Tov of Purim.

2 nights ago, I was in a large (frum) supermarket to pick up "one thing" that my wife needed. The place was happening! Mishloach Monos coming out the walls!!

At first it was a bit annoying, "so many people, buying so much stuff" why is it needed?

But after a minute, I focused on the wonderful part of it. Look around, the Yidden are excited about a Yom Tov and gearing up for it!

Amazing!!!

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Re: Thank You Hashem - Recognizing the Good
Posted by 138eagle - 17 Mar 2025 22:04

Day 19 (Purim)

Thank you ????" for Purim itself.

The real high of getting close to ????".

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Re: Thank You Hashem - Recognizing the Good
Posted by 138eagle - 17 Mar 2025 22:04

Day 20 (???)

Thank you ????" for my wonderful wife.

We had a wonderful Purim and she put in an enormous amount of effort for things to work out

for everyone (especially me). I am forever grateful.

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