

## The Reverse Grouchery: Haven for Overdosed Grumps

Posted by azivashacheit101 - 24 Apr 2025 12:30

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This thread was created to publicly share about what we are grateful for in our lives.

Shares may be long or short, about things in our lives that we are grateful for, situations that have happened to us, actions we have taken or even just our mood and state of mind.

It may be about big things and major events or even tiny things like the availability of paperclips and safety pins ect.

Shares may be in any format such as the one mentioned in the F2F or it can plainly say "I am grateful for.....".

Gratitude is an integral part of recovery both in GYE's Flight2Freedom and in SA's 12 Step Program.

Many times we actout because we are in a bad state of mind (even because yesterday or last week we were down emotionally) or just because we feel empty inside and need something to help fill up that burning gap.

Writing gratitudes helps us lift our spirits, fill the void in our hearts and builds our spiritual health which in turn keeps us sober.

Publicly writing gratitudes on this forum has the added benefit that we will likely think about them and internalize it more before posting and after, we help others who read the thread see good things in their lives and help them remember to start being grateful (and maybe even posting about it), if we post gratitudes regularly every time we look at the forum we will remember to be grateful, and we can always look back at our old posts when we are down & need it most.

The point of gratitudes is to be grateful and get into a positive state of mind. Sometimes when we start thinking about small things in our lives that we are grateful for we get overwhelmed with OCD and start thinking "if I am grateful for even my shoelaces then how much more do I need to be grateful for every tiny thing, this never ends, I can't do this!" these types of feelings are counterproductive and toxic. The point is to be positive, relaxed and serene: just to think about and be grateful for a few small things at a time and not everything at once.

All are welcomed and invited to share and post as often as you would like. Comments and

feedback are also always welcome.

Enjoy and be grateful, happy, relaxed and serene!

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Re: The Gratitude Thread

Posted by ghost - 29 Apr 2025 19:23

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I am grateful to be fighting this fight.

I am grateful that I can turn to Hashem at any time at speak to him.

I am grateful for phones.

I am grateful that I have a roof over my head.

I am grateful for hot water boilers.

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Re: The Gratitude Thread

Posted by yesoidshebiyisoid - 29 Apr 2025 22:35

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I am greatful for cotton socks.

I am greatful for my camera.

I am greaful for my new shabbos hat.

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Re: The Gratitude Thread

Posted by azivashacheit101 - 30 Apr 2025 10:47

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I'm grateful that I'm not taking my relapse too hard.

I'm grateful for electricity.

I'm grateful for my tzitzis.

I'm grateful for my Chaverusas.

I'm grateful for my siblings.

I'm grateful for my nephew.

I'm grateful for my parents.

I'm grateful for my whole extended family on both sides including (but not limited to) my Grandparents, Uncles, Aunts, cousins, in-laws and mechutanim.

I'm grateful for life and to be alive and healthy.

I'm grateful that I don't have to worry about finances (that's my parents department).

I'm grateful that SA is teaching me how to stop trying to control everything including my thinking and inner environment and certainly outside situations and other people.

I'm grateful to be learning to let go and leave it all to Hashem.

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Re: The Gratitude Thread

Posted by ezraw - 30 Apr 2025 15:56

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I'm grateful for my family,

I'm grateful for my friends,

I'm grateful for God's kindness,

Cause God's kindness never ends

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(There is a tune, hamevin yavin

Re: The Gratitude Thread

Posted by azivashacheit101 - 30 Apr 2025 20:50

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Re: The Gratitude Thread

Posted by yesoidshebiyisoid - 01 May 2025 04:58

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I am grateful to G-d for saving me from watching porn while browsing unfiltered internet, by sending my mother to ask me to do a task for her.

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I'm grateful for the guy who introduced me to SA.

Re: The Gratitude Thread

Posted by yesoidshebiyisoid - 02 May 2025 21:48

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I am grateful to be living in a house

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Re: The Gratitude Thread

Posted by azivashacheit101 - 03 May 2025 17:57

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I'm grateful for a wonderful shabbos.

I'm grateful that I was able to walk to the kosel on shabbos.

I'm grateful for my AC.

I'm grateful for chummos.

I'm grateful for minyan factories.

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Re: The Gratitude Thread

Posted by grow - 04 May 2025 14:36

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What is the tune? I would like to sing it.

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Re: The Gratitude Thread

Posted by ezraw - 04 May 2025 16:28

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[grow wrote on 04 May 2025 14:36:](#)

What is the tune? I would like to sing it.

I know it from a friend of mine,

The only place I could find the correct tune was from the kids song I'm grateful by cocomelon...

(You can also email me and I can send you a voice note, email is in my signature)

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Re: The Gratitude Thread

Posted by jewizard21 - 04 May 2025 21:26

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I am grateful for so many things in life.

How did I come to deserve all this good?

All I can say is that I am grateful for the ability to recognize that I have been given simchas hachayim.

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Re: The Gratitude Thread

Posted by yesoidshebiyisoid - 05 May 2025 03:51

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I am grateful for well built American highways.

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Re: The Gratitude Thread

Posted by azivashacheit101 - 06 May 2025 20:19

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I'm grateful for a good talk with my sponsor.

I'm grateful to have accomplished alot of step work today.

I'm grateful for hot cups and mugs.

I'm grateful for the chair that I'm sitting in right now.

I'm grateful for couches.

I'm grateful for washing machines.

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Re: The Gratitude Thread

Posted by yesoidshebiyisoid - 07 May 2025 03:47

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I am grateful for towels

I am grateful for my laptop

I am grateful for showers

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