

The Reverse Grouchery: Haven for Overdosed Grumps

Posted by azivashacheit101 - 24 Apr 2025 12:30

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 - 08 May 2025 11:38

I am grateful for stovetops.

I am grateful for frying pans.

I am grateful for Hot Sauce.

I am grateful for my belt.

I am grateful for fruit.

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Re: The Gratitude Thread

Posted by azivashacheit101 - 10 May 2025 17:49

I'm grateful for wonderful shabbos seudos.

I'm grateful that I'm still sober.

I'm grateful for my legs.

I'm grateful for cake.

I'm grateful for flowers.

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Re: The Reverse Grouchery

Posted by azivashacheit101 - 12 May 2025 20:50

I'm grateful that I renamed this thread

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Re: The Reverse Grouchery

Posted by youknowwho - 12 May 2025 23:13

[azivashacheit101 wrote on 12 May 2025 20:50:](#)

I'm grateful that I renamed this thread

There's NO SUCH THING as a "reverse Grouchery".

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Re: The Reverse Grouchery

Posted by markz - 13 May 2025 04:01

[azivashacheit101 wrote on 12 May 2025 20:50:](#)

I'm grateful that I renamed this thread

I'm grateful for Gye which facilitates all needs including the ventful places
Something is hidden for guests. Please log in or register to see it.

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Re: The Reverse Grouchery

Posted by yesoidshebiyisoid - 13 May 2025 04:19

I am very grateful for meeting a gye member today. It really helped me get back on track.

I am grateful for MBD's music

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Re: The Reverse Grouchery: Haven for Overdosed Grumps

Posted by azivashacheit101 - 13 May 2025 10:17

I'm grateful that apparently a frog has 9 lives.

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Re: The Reverse Grouchery

Posted by amevakesh - 13 May 2025 15:37

[youknowwho wrote on 12 May 2025 23:13:](#)

[azivashacheit101 wrote on 12 May 2025 20:50:](#)

I'm grateful that I renamed this thread

There's NO SUCH THING as a "reverse Grouchery".

[img_3903.gif](#) [hung.jpg](#) [frog-kermi.gif](#)

I'm grateful that YKW self appointed himself as the prosecutor, judge, and executioner of "?"
that administers '?' ????? on their behalf. Keeps us all in check. Still searching for some form of
???

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Re: The Reverse Grouchery: Haven for Overdosed Grumps

Posted by yesoidshebiyisoid - 13 May 2025 15:54

I am grateful for the Betty Crocker everything maker

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Re: The Reverse Grouchery: Haven for Overdosed Grumps
Posted by yitzchokm - 13 May 2025 16:48

Although you wrote that we should be posting specifics and not that we are grateful for everything it is very difficult for me to do so because it would give away my identity. For those of you who already know some of my my story you might appreciate my words. I went through many bad things in life big and small but every one of those bad things ended up having good coming out of it. As such, I haven't had a single bad day in my life and I am very grateful to Hashem. I was told by my Maggid Shiur that there still is the question of why do bad things happen to good people because why did the good things that happened to me have to come through bad things. Nevertheless, I am grateful because at the end of the day everything was for good.

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Re: The Reverse Grouchery
Posted by chancyhk - 13 May 2025 18:51

[youknowwho wrote on 12 May 2025 23:13:](#)

[azivashacheit101 wrote on 12 May 2025 20:50:](#)

I'm grateful that I renamed this thread

There's NO SUCH THING as a "reverse Grouchery".

'Looks on with interflexed hands, "goooooood, goooooooooodddddd"

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Re: The Reverse Grouchery: Haven for Overdosed Grumps

Posted by azivashacheit101 - 13 May 2025 20:38

I'm grateful to be alive (even though my avatar is quite dead).

I'm grateful for blueberry muffins.

I'm grateful for Ice cream.

I'm grateful for blankets.

I'm grateful that I'm not using a typewriter right now.

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