

Time to say Thank You!!!

Posted by Reb Yid - 06 Mar 2011 23:14

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Throughout our lives, there are so many people who have made a profound impact on us. Whether it was a parent teacher friend spouse or a random person, people have impacted our lives for the better. Every so often, It bothers me that with all the good that has happened to me, I seem to focus mostly on the negatives, and take the positives for granted. This is obviously wrong. We must make an effort to acknowledge and thank those people who have been there for us. But, since joining GYE, I have realized that it is not only a wrong attitude, but it is also a very dangerous one.

Most of the times when I am going through a particularly difficult struggle, I can trace its beginig back to depression, frustration, dissapointment, feeling abandoned, or a number of other low feelings which trigger the need to fill the void in a devastating way. But what if we would be able to head off those feelings? What if we could focus on all the good that we *do* have? Would that slow the avalanch just enough for us to avoid getting white washed?

For me it did.

By focussing on the positives, I was able to push off acting up a little longer. And sometimes I was able to stem the tide enough to beat it altogether.

So I am inviting everyone to use this thread to vocalize your feelings of Hakaras Hatov. To people, to Hashem,to anyone. If we work on concentrating on the positive, may we be Zoche to see much less negative.

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Re: Time to say Thank You!!!

Posted by Reb Yid - 11 Apr 2011 01:51

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I'd like to thank Hashem here for something I always used to take for granted. I was raised in a warm and caring family. I was given a solid foundation with regard to proper Hashkafos. I was taught that "Asei lecha Rav" is not just a Mishna, but it is a way of life. And I believe that it is because of all these building blocks that I was able to reach deep down and find the strength to hold on until I found GYE, and then to make as much progress as I have since I've been given

the tools to deal with my issues.

Thank You Hashem so much for enabling me to come back to you, and to overcome the YH in this area. I will try to never take those things for granted again!!

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Re: Time to say Thank You!!!

Posted by Reb Yid - 17 Apr 2011 03:34

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The other day I was cleaning my car for Pesach. When I was looking in the back under the seat cushions, I found a receipt that seemed to be old. It was from Barnes and Noble, and it was for the purchase of a certain romance novel.....

In the past, this would have mortified me. I would have instinctively put it in my pocket until which time I could dispose of it properly. It would be "burning a hole in my pocket" until then, and I would be nervous until I knew it was safely discarded. All those memories went through my head. But this time it was different. With tears in my eyes - tears of joy - I picked up this precious receipt and brought it straight into the house to show my wife. We looked at it together, and I briefly told her what I would have done in the past. She was so proud of me, and instead of it being a potentially disastrous situation, it brought us closer. I don't remember the last time that I felt so free and liberated, and in control of my life!!

I am now holding at 86 days. With Hashem's help, I will hit 90 on Zeman Cheiruseinu!!! Hashem has been so kind to me!! So this post is a special thank you to all of you guys on GYE (and 7up:-) for the help and support I have received.

It is my earnest Tefilah that every single heilige yid, whether on GYE or not, who is suffering from this addiction, be liberated and Zoche to feel the taste of freedom that I now feel. May it be in the Zechus of the Yom Tov of freedom that is upon us!!

Chag Kasher Vesameach!!!

Reb Yid

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Re: Time to say Thank You!!!

Posted by Dov - 17 Apr 2011 19:15

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We are all great fans of Reb Yid and please keep posting these messages. Every one of us needs to hear the truth oevr and over again.

Have a real nice Pesach!

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Re: Time to say Thank You!!!

Posted by mbalegria - 01 May 2011 03:39

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Thank you Reb Yid for this wonderful topic. keep posting a good one. and Thank you everyone.

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Re: Time to say Thank You!!!

Posted by Reb Yid - 03 May 2011 02:42

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I'd like to take this opportunity to thank Dovi from the "Windows of the soul" conference call. His lectures are much more mussardig than I had expected. He does not just read from the text, but he elaborates in ways that are specifically geared to us here at GYE.

I highly recomend his conference.

Thanks!!!

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Re: Time to say Thank You!!!

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Posted by Serene smile - 27 May 2011 03:30

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Thank u Hashem for making me a Yid!

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