

G's

Posted by cordnoy - 28 Jan 2016 13:13

---

This tool for recovery has many different names, but i kinda figured that since i have dissed the letter "G" for so long now, it is fittin' that I devote an entire thread to it, so here goes:

Some call it "Veggies," other call it "the four G's," and I will let you search feter G.... to see more about it.

The theory behind it is a simple one. It creates connection to God. It lifts your spirits and keeps you focused.

So, without further ado:

**Gratitude:**

1. for almost a year of sobriety
2. for my third daughter's success
3. for the progress on my primary project
4. for the completion of our 3rd cycle on the phone
5. for the health progress in the family

**Good stuff (victories) (this should be overcomin' specific challenges):**

1. wakin' on time for the early shiur
2. helpin' wife with the early mornin' dressin' (w/o her even askin')
3. supported wife with her work challenges in a pleasant manner
4. looked out for another family even though it meant showin' up late for an appointment
5. skipped over a 20 second part of a clip, knowin' that it was extremely triggerin' to me

**Glitch**

Watched several episodes too many last night

**Goals (usually specific tasks; items that we can look back on and see that we've actually made progress; something actionable):**

1. Avoid distractions and be productive at work (until 10:30) (avoid lofty unreachable goals)
2. Have kavanah by first and last brachah in S"E
3. Exercise

hatzlachah to all

[I thank all those who contributed to this idea and thread; tis one worth emulatin']

=====  
=====

Re: G's  
Posted by markz - 15 Apr 2016 04:03

---

Glitches:

A friend reached out with some bad news, didn't have any eitza for him.

A good friend that can hear him out is what he wanted - why is that a glitch?

Are you Gd that has all solutions?

Pls would add it to your G's

=====  
=====

Re: G's

Posted by Workingguy - 15 Apr 2016 04:41

---

[cordnoy wrote on 15 Apr 2016 04:01:](#)

[cordnoy wrote on 14 Apr 2016 23:02:](#)

And here is another....lookin' back at the day behind us....

Gratitudes: - had a good day at work today - good speaker on DC's call - watched a video for college and it was not triggering! - uh oh... getting desperate... I had a really good piece of salmon for lunch - had a few nice, healthy conversations with friends  
Victories: - I used the "I'm not being with you today" trick - and it worked! - I went through 1/4 of my huge stack of papers - I took the time to send a "nachas" email to a couple of parents - I didn't respond with annoyance to my mom - I'm taking the time to do this now  
Glitch: broke my diet...makes me feel out of control  
Goal: Finish my stack of papers before work tomorrow... fat chance though...

Btw, this wasn't mine; t'was an example.

Yeah, I don't remember hearing that you were on a diet....

=====  
=====

Re: G's

Posted by cordnoy - 18 May 2016 11:55

---

As the avalanche is rollin' on, let me chime in:

**Gratitude:**

1. for positivity in bank account
2. for food workin' out for the day
3. for the continued progress on my three primary projects
4. for almost completin' our fourth cycle on the phone
5. for my wife's upbeat attitude

**Good stuff (victories) (this should be overcomin' specific challenges):**

1. wakin' on time for the early shiur entire week
2. keepin' wife happy
3. stayin' away from "off limit" area
4. continuous "no music videos"
5. challengin' myself for more step work - for myself and others

**Glitch**

caught up on all active series

shacharis has been early but not so productive

**Goals (usually specific tasks; items that we can look back on and see that we've actually made progress; something actionable):**

1. keep drawer closed
2. mincha
3. get ahead in learnin' project

=====  
=====

Re: G's

Posted by realsimcha - 18 May 2016 17:03

---

**Thanks. I took your template to try again for today:**

**Gratitude:**

1. For learning before davening
2. For a treat in the fridge for breakfast
3. For things going well at one of my jobs
4. For good friends, and family that I can also be friends with
5. For getting a text reminding me that someone is thinking about me

**Good stuff (victories) (this should be overcomin' specific challenges):**

1. Being patient with cranky kids
2. Being diligent with daily learning qouta
3. Getting to sleep on time
4. Staying off unhealthy news sites

**Glitch**

talking negatively to friend about others

allowing resentment to affect my work

living in the past

**Goals (usually specific tasks; items that we can look back on and see that we've actually made progress; something actionable):**

1. get to appointments on time
2. Have an optimistic attitude during meetings
3. Make time for wife and kids even on a busy day [like today]

=====  
=====

Re: G's  
Posted by Bigmoish - 18 May 2016 18:35

---

**Gratitude:**

1. For getting the kids off with a smile (me and them)
2. For finding a parking spot
3. For my boss giving me intelligent work
4. For having enough work to keep me busy
5. For having friends who listen to me ramble when the addict mind takes over

thanks for that opportunity; You can trademark this.  
**Good stuff (victories) (this should be overcome' specific challenges):**

1. Reached out when I was having a difficult time

2. Learned well the past few days
3. Kept my commitment of reading from the books for a few minutes each day
4. Was productive at work, for the most part

**Glitch**

Where do I begin?

**Goals (usually specific tasks; items that we can look back on and see that we've actually made progress; something actionable):**

1. Go to sleep earlier
2. Get up on time
3. Continue reading from the books and reaching out to sponsor and friends

=====  
=====

Re: G's  
Posted by Bigmoish - 20 May 2016 14:59

---

**Gratitude:**

1. For having another productive day
2. For a supportive wife
3. For my son having a good day of yeshiva
4. For my daughter sleeping through the night
5. For another night of decent learning

**Good stuff (victories) (this should be overcomin' specific challenges):**

1. Met my goals somewhat satisfactorily

2. Was patient in dealing with my parents
3. Did not masturbate this morning, though I considered it

**Glitch**

Fantasized before bed

Some resentment at wife

Jealous of brother in law (irrationally)

Extremely worried about Shabbos exposure

**Goals (usually specific tasks; items that we can look back on and see that we've actually made progress; something actionable):**

1. Continue focusing on gratitude
2. Have a proactive day at work (started off badly, hoping to salvage)
3. Stop the resentment and jealousy train before it gets out of control

=====  
=====

Re: G's  
Posted by realsimcha - 20 May 2016 18:32

---

**Gratitude:**

1. For a successful Davening
2. For completing a project at work.
3. For the warmth expressed by my wife
4. For feeling connected to the people around me



5. For having [just] enough money this week.

**Good stuff (victories) (this should be overcomin' specific challenges):**

1. Didn't watch TV this week at all
2. Had an honest conversation with a new friend
3. stayed [somewhat] calm when my wife was [imho] unreasonable
4. Didn't miss minyanim this week.

**Glitch**

1. Got a little too close to the the edge with my computer [news sites etc]
2. Wasn't aggressive enough about finishing responsibilities.
3. Vented to someone who I shouldn't have

**Goals (usually specific tasks; items that we can look back on and see that we've actually made progress; something actionable):**

1. Be patient with wife and kids as shabbos approaches
2. Stop clicking on problematic links.
3. Keep my things from getting cluttered and messy which leads to ...

=====  
=====

Re: G's  
Posted by inastruggle - 20 May 2016 19:45

---

**Gratitude:**

1. For being done with a recent stressor

2. For upcoming good events

3. For a supportive family

**Good stuff:**

1. Had a good week in guarding my mind

2. Helped out a friend

3. Listened to daas torah this week

**Glitch:**

1. Got annoyed at my father and was a bit chutzpahdig

2. Forgot to daven maariv (goodbye counting with a bracha)

3. Resented a family member who acted out of caring

**Goals:**

1. Stop caring about what others are thinking if I'm doing the right thing

2. Say what needs to be said in a nicer way when possible

3. Start concentrating on davening a bit more

=====  
=====

Re: G's

Posted by cordnoy - 20 May 2016 20:03

---

B"H.

Me love this.

B'hatzlachah

=====  
=====

Re: G's

Posted by cordnoy - 25 May 2016 13:33

---

**Gratitude:**

1. for wife's smile
2. for wife's smile
3. for mornin' learnin'
4. for the opportunity to make a difference
5. for the passion of one of my relatives

**Good stuff (victories) (this should be overcomin' specific challenges):**

1. keepin' calm while sterrin' the ship
2. not allowin' fantasy to linger
3. stayin' away from "off limit" area
4. turnin' to God in the issue of the day
5. usin' the delete or the backspace button

**Glitch**

learnin' slidin'

lookin' where I shouldn't

**Goals (usually specific tasks; items that we can look back on and see that we've actually made progress; something actionable):**

1. slow and steady
2. lunch for a relative

3. there's more to write.....

=====  
=====

Re: G's

Posted by inastruggle - 29 May 2016 04:48

---

I tend to have a harder time on motzei shabbos, and I was with my family too much today so my nerves are a bit frazzled. I posted which usually helps but it seems I need a bit more tonight, so here goes.

**Gratitude:**

1. For having a place like gye, I shudder to think what I'd look like without it
2. Having a home to go to
3. The tools Hashem gave me to help deal with life

**Good stuff (victories) (this should be overcomin' specific challenges):**

Can't really think of anything I overcame today. I'm going to count being honest here as a victory.

**Glitch**

1. Took more looks than I should've
2. Was pretty sullen to a lot of people
3. Should've paid more attention to one family member in particular who needed it
4. Davening was especially lousy today

**Goals (usually specific tasks; items that we can look back on and see that we've actually**

**made progress; something actionable):**

1. Get up on time tomorrow.
2. Be pleasant to whatever family members I meet tomorrow
3. Argue with stillgoing's daily quote

=====  
=====

Re: G's

Posted by realsimcha - 31 May 2016 15:11

---

Focusing on myself too much. Need some G medicine.

**Gratitude:**

1. For good friends
2. Good relationships with my kids
3. The opportunity to learn

**Good stuff (victories) (this should be overcomin' specific challenges):**

1. Overcame the desire to get involved in stuff I shouldn't
2. Made a tough work decision that was hard .
3. Went to sleep last night instead of surfing.
4. Shared with friends when I was overwhelmed.

**Glitch**

1. Letting stuff get to me that shouldn't

2. Trying to impress people
3. Losing my cool with one of my more sensitive kids. Ouch.
4. Minyanim getting weak

**Goals (usually specific tasks; items that we can look back on and see that we've actually made progress; something actionable):**

1. Focus on others needs not on satisfying my ego.
2. Be sensitive to wife's difficult week.
3. Be loyal to my friends and business associates -- and that means don't talk about them to others

=====  
=====

Re: G's  
Posted by Bigmoish - 09 May 2017 17:49

---

**Gratitude:**

1. For learning well
2. For a supportive wife
3. For kids being kids

**Good stuff (victories) (this should be overcomin' specific challenges):**

1. Been more in the habit of getting stuff done
2. Did not lose my cool with family member, nor did I dwell on conversation afterward

**Glitch**

Stayed up reading too late

Missed mincha (minyana)

**Goals (usually specific tasks; items that we can look back on and see that we've actually made progress; something actionable):**

1. Try to get to sleep at a decent hour (before 12:30 - not even a decent hour, just being realistic)
2. Study half an hour
3. Smile at wife and look at her when she talks to me

=====  
====

Re: G's  
Posted by MayanHamisgaber - 09 May 2017 19:59

---

**Gratitude:**

1. For being alive
2. A loving family
3. Being able to buy what is needed

**Good stuff**

1. Shutting up when having a mean line to say to the wife
2. Sitting thru a seder and learning
3. Being patient with my daughter

**Glitch**

1. Spending too much time on gye

- 2. Getting frustrated at wife
- 3. Sleeping thru shiur
- 4. Getting mad at the Rosh Ha Yeshivah

**Goals**

- 1. Getting to sleep at a normal hour
- 2. Chilling out in general
- 3. Stay up in shiur

=====