

The Gratitude Thread

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 - Yesterday 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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