

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 azivashacheit101 - 24 Apr 2025 12:38

I am grateful for suitcases which hold my luggage as I travel.

I am grateful that my parents love me and are concerned about my emotional wellbeing.

I am grateful for my socks which are soft and very comfortable.

I am grateful for hot showers, soap and shampoo which help me stay clean and feel good.

I am grateful that Hashem has given me the Idea to start this thread.

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Re: The Gratitude Thread

Posted by azivashacheit101 - 24 Apr 2025 15:07

I'm very grateful to Hashem that I just found a place to live for the next 6 months.

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Re: The Gratitude Thread

Posted by azivashacheit101 - 24 Apr 2025 17:34

I'm grateful that I was able to go to an SA meeting and laugh at & let go of some of the crazy things I have done in my addictive acting out.

I'm grateful that my apartment will be painted and cleaned tomorrow.

I'm grateful for eyesight especially the fact that I can see and appreciate nature, including a deep

blue sky, beaches, water, mountains, trees, grass and flowers.

I'm grateful for my fingernails.

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Re: The Gratitude Thread

Posted by yesoidshebiyisoid - 25 Apr 2025 00:37

I am grateful for a platform to share my gratitude with people who care. Actually, today I learned about gratitude in the F2F program.

I am grateful for having a grand piano.

I am grateful for comfortable couches, especially when i need to catch a good chrup.

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Re: The Gratitude Thread

Posted by ghost - 25 Apr 2025 05:53

I am grateful for the delicious freshly brewed hot coffee that I just drank.

I am grateful that my kidneys work properly I can use the bathroom normaly I don't need machines to make my body function.

I am grateful that a recent MRI showed that there is nothing wrong with a part of my body that had slightly concerning symptoms.

I am grateful that MRIs exist. I am grateful that X-Rays, CT scans, blood work and all other medical tests exist and are readily available.

I am grateful that my body is healthy.

I am grateful that I have all of my limbs, organs and parts (veins, arteries, blood vessels, ligaments, glands, muscles, bones, nerves, cells, hormones, chemicals, lymph nodes, blood,

heart, lungs, liver, stomache, blatter, intestines, apendix, gallblatter, and all the other millions of healthy things going on inside my body) and they all function properly.

I am grateful for my Tefillin. I am grateful for the mitzvah and for the fact that I have my own pair and do not have to borrow somebody elses.

I am grateful to be in a good and happy mood.

I am grateful to be going away for Shabbos to a loving family member's house. I am grateful that I have money to travel there.

I am grateful that I have money for food and even extras to treat myself.

I am grateful for my family.

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Re: The Gratitude Thread

Posted by azivashacheit101 - 25 Apr 2025 06:21

I'm grateful for my glasses.

I'm grateful for airconditioners.

I'm grateful for indoor plumbing.

I'm grateful for electricity.

I'm grateful for my cellphone.

I'm grateful for computers.

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Re: The Gratitude Thread

Posted by gyefeller - 25 Apr 2025 06:38

I'm grateful for my hair and my body's smooth mechanics.

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Re: The Gratitude Thread
Posted by ezraw - 25 Apr 2025 16:45

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Re: The Gratitude Thread
Posted by azivashacheit101 - 26 Apr 2025 20:53

I'm grateful for a beautiful Shabbos here in E"Y.

I'm grateful for restful sleep over Shabbos.

I'm grateful for out-of-this-world tasting food over Shabbos.

I'm grateful that I spent Shabbos with loving family.

I'm grateful for the fun & friendly political debates I had over Shabbos.

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Re: The Gratitude Thread
Posted by ghost - 26 Apr 2025 21:21

I am so very grateful to be alive.

I am grateful for my tongue so I can taste my food and it allows me to make specific sounds while speaking.

I am grateful for my saliva which keeps my mouth moist and also helps breakdown my food.

I am grateful for my healthy teeth which help me chew amd speak.

I am grateful for my suit, hat and tie.

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Re: The Gratitude Thread

Posted by azivashacheit101 - 27 Apr 2025 06:39

I'm grateful for the fact that I have the ability to be grateful.

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Re: The Gratitude Thread

Posted by yesoidshebiyisoid - 28 Apr 2025 04:02

I am grateful for a quality of shoes

I am grateful for Montreal matza

I am grateful for having brothers

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Re: The Gratitude Thread

Posted by azivashacheit101 - 28 Apr 2025 13:45

I'm grateful to have done a lot of step work (SA) today.

I'm grateful that I made my bed this morning.

I'm grateful that Bein Hazmanim is almost over.

I'm grateful I had a nice Bein Hazmanim.

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Re: The Gratitude Thread

Posted by yesoidshebiyisoid - 29 Apr 2025 01:12

I am grateful for toilets.

I am grateful for my bike.

I am grateful for soft pillows.

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