

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 Yosef Hatzadik - 06 Mar 2011 23:18

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Thank you **Reb Yid** for starting this thread!!!! (A poke in the of **Me3**)

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Re: Time to say Thank You!!!

Posted by Reb Yid - 06 Mar 2011 23:27

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I feel it's only right that I begin the thank yous. (Well, after Yosef Hatzadik. BTW, I didn't get the fine print. Did I do something wrong?) ???

And I am dedicating this entire thread to the one person who has meant more to my entire life than anyone else - my wife.

From the begining she was always there for me. She helped me grow. She helped me get back up after a fall in any area. And when she found out about my addiction, it took her some time, but she is now right there with me pushing me once again just like before.

Thank You Hashem for giving me the help that I needed in the form of a true Ezer Kenegdo. I am forever indebted to You!!

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Re: Time to say Thank You!!!

Posted by Rising Up - 06 Mar 2011 23:32

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Thank You Jonathon Rosenblum for writing your article this week in Mishpacha. As a result there were a record (11) number of new sign ups today. It is quite obvious that this one small piece that you wrote may have had a pivotal change in the way this disease is forever viewed within the orthodox Jewish world.

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Re: Time to say Thank You!!!

Posted by ZemirosShabbos - 07 Mar 2011 17:44

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what a beautiful thread Reb Yid, Thank You!

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Re: Time to say Thank You!!!

Posted by ben durdayah - 07 Mar 2011 18:43

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[RisingUp wrote on 06 Mar 2011 23:32:](#)

Thank You Jonathon Rosenblum for writing your article this week in Mishpacha. As a result there were a record (11) number of new sign ups today. It is quite obvious that this one small piece that you wrote may have had a pivotal change in the way this disease is forever viewed within the orthodox Jewish world.

Gam Ani Mitztareif L'hanal.

And thank you Mishpacha for publishing Jonathan Rosenblum's column on GYE.

And Thank You Guard for giving them something to write about.

I also noticed how one newbie wrote in his introduction thread that that's the way he got to GYE...

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Re: Time to say Thank You!!!

Posted by Reb Yid - 10 Mar 2011 17:42

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I would like to post a personal Thank You to a wonderful Global Moderator - Dov. His deep penetrating questions, and his insightful comments and advice, have helped me tremendously to find myself, and the strength inside of me to do what was necessary to correct the problems. He sacrifices much of his time to help as many people as possible, and I'm glad he is taking a break from posting to get back to his personal and family life. Hashem should pay him back for

all his efforts!!!

Reb Yid

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Re: Time to say Thank You!!!

Posted by baalteshuvah73 - 17 Mar 2011 05:07

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. Second, I am grateful to HaShem for my health, my friends and teachers, and to the friend who advertizes GYE on his site. This is a crucial key in keeping temptation far from me! I am grateful to HaShem for His wonderful mercies in giving sinners many chances to do teshuvah. If I find the right filtering system, mainly with a second party administrator in control, this will be a tremendous leap forward for me!

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Re: Time to say Thank You!!!

Posted by Reb Yid - 17 Mar 2011 14:40

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BT 73, You inspired me to do what I should have done to begin with. Here goes.

Good thread! I can thank HaShem that this thread was created first of all

Thank You Hashem!!! Your kindness is amazing!! Anybody else who we have to be thankful for, was given to us by You! There were so many times since I began this journey that things happened to me which seemed to be a sign that I was being abandoned or my Teshuva was not being accepted. **And every single time**, in just a short while, I saw clearly how the exact circumstances which I thought were terrible set backs, were in fact tremendous gifts, without which I could not have survived this far.

Thank You Hashem!!!!

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Re: Time to say Thank You!!!

Posted by Reb Yid - 22 Mar 2011 05:29

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A big time thank you is in order here. Every year on Purim, when the wine comes in the truth comes out. That always meant that the true me came out also. That meant, that the true me saw the real me, and didn't like very much what it saw. I would get depressed right after Purim that I was such a low life and .....

But this year was different. The true me saw the real me, and thought he was looking in a mirror!!! I was no longer ashamed of who I was!! I liked the person I saw!!!

So thank you to all of you on GYE for enabling me to become who I truly was!!!

I am forever indebted to you all!!!

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Re: Time to say Thank You!!!

Posted by Reb Yid - 04 Apr 2011 02:08

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I would like to take this opportunity to thank Hashem for caring enough about us to always prepare a Refuah that fits the Makah. There quite possibly has never been a generation that was plagued with the amount and accessibility of Shmutz like ours is. Yet, there are people like Guard, who have found a way to use the very tool of the YH to create a network to help people drag themselves out from under the burden of the YH. Actually, there are very few people who are as dedicated and selfless to Klal Yisroel as Guard is.

So thank you hashem for giving me the ability to elevate myself above the rest of the world, by defeating this addiction.

And thank you Guard for being the incomparable messenger of Hashem to carry out that mission.

May you be Zoche that none of your children or grand children, for many generations, will ever have a need to use your wonderful project - GYE!!!!

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Re: Time to say Thank You!!!

Posted by Yosef Hatzadik - 05 Apr 2011 23:38

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[Reb Yid wrote on 04 Apr 2011 02:08:](#)

May you be Zoche that none of your children or grand children, for many generations, will ever have a need to use your wonderful project - GYE!!!!

Speaking with a Godol about GYE, I expressed nervousness about my children going through the same struggles I am. He told me that any work we do in this area IS passed down to our offspring. They won't need to 'redo' our work!!!

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Re: Time to say Thank You!!!

Posted by oblum - 07 Apr 2011 12:22

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[Yosef Hatzadik wrote on 05 Apr 2011 23:38:](#)

He told me that any work we do in this area IS passed down to our offspring. They won't need to 'redo' our work!!!

This is especially true regarding work done prior to, and more importantly durring, conception of the child.

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Re: Time to say Thank You!!!

Posted by Kedusha - 07 Apr 2011 15:20

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[o wrote on 07 Apr 2011 12:22:](#)

[Yosef Hatzadik wrote on 05 Apr 2011 23:38:](#)

He told me that any work we do in this area IS passed down to our offspring. They won't need to 'redo' our work!!!

This is especially true regarding work done prior to, and more importantly durring, conception of the child.

Even work done afterwards as well.

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Re: Time to say Thank You!!!

Posted by Reb Yid - 07 Apr 2011 23:41

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Ok fine!!

You all win!!

If that Brocha was unnecessary because it was a given, I will give him a different Brocha.

May our wonderful Guard be Zoche to see only Nachas from all his children for many generations. May they marry Yirei Hashem and raise beautiful families Leshem Uletiferes. May he live to lead all those he has helped to greet Mashiach - Bimheira Biyameinu!!!

Is that better? :D :D :D :D

If you read this Brocha, and feel the same way, just post a resounding Amen, and may it be Mekooyam!!!

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