

Happy Thanksgiving!

Post by “Pacatus” of November 24, 2023 at 5:16 PM

[Don](#) :

This old man, trying to secure anchor in a pleasant harbor, wishes to express his gratitude and thanksgiving for the essay you linked in post #7 of this thread (as well as for the thread, and your opening comments).

[As I read it, I recalled a friend whose 12-step sponsor asked him to keep regular journal entries of things for which he was grateful: a diary to remind him of the therapeutic value of an “attitude of gratitude”. I am not a journaler – but I do keep reminders of such things on my computer.]

Thank you. 😊