General	General	General	, , , , ,
 I am thankful for poppa I am thankful for hand eye coordination I am thankful for NY chess I am thankful for Donna Snyder 	 I am thankful for my tutoring job I am thankful for St. John Vianney I am thankful for erind brahimi I am thankful for gramsie 	 I am thankful for jeff I am thankful for HP (SA) I am thankful for my life I am thankful for ave maria sancta maria consolation 	
General	General	General	
 I am thankful for benika I am thankful for my intellect I am thankful for God's presence in car after sadoff (parking lot) I am thankful for john vianney adoration 	 I am thankful for job at wells fargo I am thankful for God's Mercy I am thankful for HP (SA) I am thankful for all graces given while under the influence 	 I am thankful for Fr. Hoehn I am thankful for Integrity Restored I am thankful for relationship with Mark Opal I am thankful for Father Matthew 	
General	General	General	
 I am thankful for jeff I am thankful for my faith I am thankful for Father Paul I am thankful for Father Paul 	 I am thankful for Dan (SA) I am thankful for all times God has protected me from occasions of sin I am thankful for my upbringing I am thankful for Katie Rutherford 	 I am thankful for David Kanwisher I am thankful for jen I am thankful for ping pong I am thankful for Lowes garden 	
General	General	General	
General 1. I am thankful for my talent in tennis 2. I am thankful for erind brahimi 3. I am thankful for protecting me during fear mundelein 4. I am thankful for alex dzurik	General 1. I am thankful for Confession 2. I am thankful for dixon soccer game freshman year HS 3. I am thankful for Father Putnam 4. I am thankful for mom	General 1. I am thankful for St. Faustina 2. I am thankful for no tooth pain 3. I am thankful for mom 4. I am thankful for steve pokorny	

General	General	General
1. I am thankful for shelter 2. I am thankful for thomas hymel 3. I am thankful for my intellect 4. I am thankful for Father Putnam	 I am thankful for Dr. Sadoff I am thankful for God allowing me to see true beauty of women sometimes I am thankful for God creating women I am thankful for my guardian angel 	1. I am thankful for my sexuality 2. I am thankful for St. Faustina 3. I am thankful for Mrs Brennan 4. I am thankful for jeff
General	General	General
 I am thankful for Integrity Restored I am thankful for Donna Snyder I am thankful for jules I am thankful for Caroline 	 I am thankful for St. John of the Cross I am thankful for cousins I am thankful for time spent with toby I am thankful for Philip Enomoto 	 I am thankful for my upbringing I am thankful for Jesus and His passion I am thankful for jeff I am thankful for interview at MIT
General	General	General
General 1. I am thankful for shelter 2. I am thankful for Philip Enomoto 3. I am thankful for Confession 4. I am thankful for protecting me during fear mundelein	General 1. I am thankful for rob erikson 2. I am thankful for Father Matthew 3. I am thankful for cousins 4. I am thankful for my TA job	General 1. I am thankful for steve pokorny 2. I am thankful for St. Padre Pio 3. I am thankful for Jay 4. I am thankful for katrina
 I am thankful for shelter I am thankful for Philip Enomoto I am thankful for Confession I am thankful for protecting me 	 I am thankful for rob erikson I am thankful for Father Matthew I am thankful for cousins 	 I am thankful for steve pokorny I am thankful for St. Padre Pio I am thankful for Jay

General	General	General
 I am thankful for father mike schmidtz good news God always love you I am thankful for my talent in chess I am thankful for Soccer brazil trip I am thankful for my relationship with parents 	 I am thankful for job at wells fargo I am thankful for shelter I am thankful for my life I am thankful for Brian (SA) 	 I am thankful for Matt Fradd I am thankful for feb 10-12 2014 I am thankful for my friendship with Jay I am thankful for poppa
General	General	General
 I am thankful for Dr. Sadoff I am thankful for john vianneyu parish st therese I am thankful for dad I am thankful for St. Teresa of Avila 	 I am thankful for Biking in California I am thankful for no headache I am thankful for jen I am thankful for St. John Vianney 	 I am thankful for Father Matthew I am thankful for gramsie I am thankful for Father Cory I am thankful for relationship with Mark Opal
General	General	General
 I am thankful for St. Therese I am thankful for St. Padre Pio I am thankful for Mrs Brennan I am thankful for St. John of the Cross 	 I am thankful for john vianneyu parish st therese I am thankful for surgeries at Uchicago I am thankful for my friendship with Jay I am thankful for Father Matthew 	 I am thankful for kevin krivacek I am thankful for benika I am thankful for Alanna Boudreau I am thankful for peter almon
General	General	General
I am thankful for Alexian Brothers	I am thankful for consolation gemma at carmelites	I am thankful for God's work in my soul during temptations

General	General	General
1. I am thankful for Father Mike Schmidtz 2. I am thankful for dixon soccer game freshman year HS 3. I am thankful for all my cousins 4. I am thankful for gaurdian angel	 I am thankful for Jesus and His passion I am thankful for IB 432 I am thankful for Trevor I am thankful for ping pong 	 I am thankful for Katie Rutherford I am thankful for God calling me before forge riluzole I am thankful for Evgheni I am thankful for health
General	General	General
1. I am thankful for IB 432 2. I am thankful for dad 3. I am thankful for Dr. Sadoff 4. I am thankful for Matt Hudkins	 I am thankful for consolation watching passion Mary I am thankful for Eucharist I am thankful for time at UIC I am thankful for Our Lady 	 I am thankful for my talent in chess I am thankful for all God's forgiveness I am thankful for my tutoring job I am thankful for Brother Dominic
General	General	General
1. I am thankful for rob erikson 2. I am thankful for Our Lady 3. I am thankful for Father Noah 4. I am thankful for communion of saints	General 1. I am thankful for hand eye coordination 2. I am thankful for jules 3. I am thankful for God calling me before forge riluzole 4. I am thankful for the rosary	General 1. I am thankful for graces God gives me to go to confession 2. I am thankful for faustina diary 3. I am thankful for Halle Kutel 4. I am thankful for St. John Paul II
 I am thankful for rob erikson I am thankful for Our Lady I am thankful for Father Noah I am thankful for communion of 	 I am thankful for hand eye coordination I am thankful for jules I am thankful for God calling me before forge riluzole 	 I am thankful for graces God gives me to go to confession I am thankful for faustina diary I am thankful for Halle Kutel

General	General	General
 I am thankful for my relationship with parents I am thankful for God creating women I am thankful for gaurdian angel I am thankful for galaxy soccer 	 I am thankful for father mike schmidtz good news God always love you I am thankful for Caroline I am thankful for time spent with toby I am thankful for no tooth pain 	 I am thankful for Dale I am thankful for ashley shanahan I am thankful for katrina I am thankful for peter almon
General	General	General
 I am thankful for Father Noah I am thankful for Father Parker I am thankful for Joseph Rutter I am thankful for consolation lowes garden cashier girl 	 I am thankful for COD spring break florida I am thankful for richard liu I am thankful for God's graces getting me to Confession I am thankful for Dan (SA) 	 I am thankful for NY chess I am thankful for Interior Castle I am thankful for alex dzurik I am thankful for Tyler (SA)
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General	General	General
1. I am thankful for the rosary 2. I am thankful for God's Mercy 3. I am thankful for consolation watching passion Mary 4. I am thankful for Dr. Heim	1. I am thankful for mom 2. I am thankful for Therese (cousin) 3. I am thankful for St. Therese 4. I am thankful for Lowes garden	1. I am thankful for Dale 2. I am thankful for dad 3. I am thankful for The Holmans 4. I am thankful for galaxy soccer
 I am thankful for the rosary I am thankful for God's Mercy I am thankful for consolation watching passion Mary 	 I am thankful for mom I am thankful for Therese (cousin) I am thankful for St. Therese 	 I am thankful for Dale I am thankful for dad I am thankful for The Holmans

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- 1. I am SO thankful for the grace of a day without masturbation
- 2. I am thankful for God removing my desire for alcohol
- 3. I am thankful for the progess God has given to me in knowledge of sexuality
- 4. I am thankful for God removing my depression

BLHASTED

- 1. puzzle
- 2. violin
- 3. guitar
- 4. bowling

RULES

- 1. no computer after 11:00 pm
- 2. No internet right after or during exercise
- 3. nap outside of room

Night (slip)

- 1. I am thankful for God's mercy and forgiveness
- 2. I am thankful for God's patience with me
- 3. I am thankful for God removing my desire for alcohol
- 4. I am thankful for the progess God has given to me in knowledge of sexuality