

Mastering Recovery

A Newsletter on Long-Term Sobriety

#43 -- April 27, 2022



Links to **Mastering Recovery** on **Facebook**
are in the **Tools and Resources** below.
Check them out.

Knowing When to Change

What I'm Thinking

[*The past couple weeks I have highlighted Carl Erik Fisher's book, [The Urge](#). It is a concise and readable history of our human approach to addiction. His research and writing led him to conclude that "a therapeutic response alone is not enough." He describes the "something more" that's needed as what we call "recovery." ([The Urge: Our History of Addiction](#))*]

Just having many years sober does not mean one is safe from "relapse." That sad point has been made countless times in the past 2+ years of a pandemic. In fact, it might even be more dangerous since we can forget what relapse looks and feels like- before using the substance again.

Many of us have learned or heard that the last action of relapse is to take the drink, pop the pill, or do the line. Even with that knowledge, many blindly walk through the mental and emotional relapse. "Who me? I'm fine!"

One of the reasons for this blindness (other than good old, denial) is that we haven't changed our lives as the world around us and within us changed. We are looking for the old reasons we used and not seeing that those things are still at work in different ways. Cunning, baffling, and powerful- and constantly adapting. We need to change since to not do so is to go backward.

One more quote from Dr. Fisher brings that home:

- What I have seen over and over again—in patients, fellows in recovery, and myself—is that recovery has no endpoint; in fact, it is contingent on a process of ongoing change, of growth past the boundaries of the usual medical outcome of remission. How do people change? There are as many answers as there are people in recovery. The key is to try.
— [The Urge: Our History of Addiction](#) by Carl Erik Fisher

*That is what **mastery** is all about. Starting with a growth mindset and building new pathways of mindfulness and flow, leads us to the freedom to change.*

That does not mean that I am "free" to do whatever I want, it means that I am free to move through life with the openness and willingness to change. which allows my body and brain the freedom to get the benefits, the rewiring, to adapt and change. That is recovery.

For this to work, it takes more than just practice, it takes mentoring, perhaps coaching, definitely a community. Which is where I am going in building and expanding the **Mastering Recovery** platform. For that to happen, I am developing:

- A private Facebook mastermind group. (Live now)
- A series of webinars on building recovery.
- A 30-Day build blueprint for getting- and staying- unstuck.
- Possible opportunities to be part of an online Mastermind group.

Stick with me. Grow with me. Go to Facebook and "join" the private group or "like" the *Mastering Recovery* page. I am taking my time in building this out. Join the team, watch for more information and other emails.

No matter where you are in your recovery beyond those first two years, you ain't seen nothing yet!



Facing Challenges - Building Recovery

The stages of the blueprint of recovery are:

- Phase 1- Foundation

Growth Mindset
Awareness and Autonomy
Desires and Empowerment

- Phase 2- Flow

Make a Plan
Work the Plan
Stay Unstuck

- Phase 3- Freedom

Spirituality and Community
Values and Purpose
Gratitude and Acceptance

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Quote and Picture of the Week

Experience is not what happens to you,
it is what you do with what happens to you.

- Aldous Huxley



Tools and Resources

You are among the first to be part of the adventure of mastering recovery. I will soon be sending out emails inviting others to join.

Here are the current resources:

- **The Mastering Recovery web** pages have had an upgrade. Go to

www.masteringrecovery.net

for the home page.

- **The Mastering Recovery Facebook page** and the **private Facebook group** are both up and live **NOW**.

The **MR page** is a public face for posts about ideas, resources, and general thoughts from me.

[LINK to Mastering Recovery Page](#)

- The **MR group** will be for those who want to engage more deeply in discussion and interactions regarding long-term sobriety and the ideas behind mastery. As a "*private group*" only those who are members, admitted by the administrator (me, for now), will be able to see and make posts.

[Link to JOIN](#) the members-only Facebook Group

Starting this week, there will be regular posts to both groups for fun, information, and discussion. Any ideas or suggestions will be welcome on the page or the group.

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Now would be a good time to forward this newsletter to others you think might benefit from it. Help them get on board.

Email Me with ideas or questions and watch for more information in the next weeks.

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