

Mastering Recovery

A Newsletter on Long-Term Sobriety



#45 --May 11, 2022



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

Walking on Eggshells

What I'm Thinking

You know the problem. You are with someone who has uncertain reactions to what you say, what you do, or just who you are. When with that person it's like walking on eggshells, making sure that you step softly enough to keep from breaking them. It usually doesn't work well.

But what about when that person you are walking on eggshells with

is yourself!

It is what happens when you get into some "stinkin' thinkin'". Everything you think of leads to some reason why you

- can't,
- shouldn't, or
- better not do that.

You end up in this tug of war with yourself. Your better nature knows the, well, better things to be doing. Your other self knows all the ways around doing it. So you start the old eggshell tiptoe dance. Let me reword that and see if it is something you can I identify with. Let me make it personal.

*I end up in a tug of war with **me**.* **My** sober nature knows the healthy things that support **my** ongoing recovery. **My** old self, even after all this time sober, knows just which buttons to push- and then pushes them. **I** start the old tiptoe dance- and end up breaking a bunch of eggshells.

*A couple weeks ago I was describing **Mastering Recovery** to a friend.* He asked what it was like to need a recovery program after years of sobriety. Out of nowhere same the description- it's like walking on eggshells- with myself. That sure pulled me up short. But it struck a deep chord. All the old crap starts going on- the stuff we call symptoms on the road to relapse. Restless, irritable, discontent. Hungry, angry, lonely, tired. We may even begin to feel that we have gotten as sober as we can get.

Fortunately we know that isn't true. Though sometimes we need someone to remind us. When we build a recovering lifestyle that is who we are and not just what we do, we have a better idea on how to do an intervention. Sometimes that is as simple as asking someone close to us what they are seeing- and then paying attention to what they say. But recovery must become a habit. Daily practice of recovery is essential. Remembering the basics and doing them is the way of life. It becomes who I am.

The ideas of **Mastering Recovery** as a blueprint for long-term sobriety helps us build that.

There is a **Mastering Recovery private Facebook group**. It a place to discuss the ideas of long-term recovery in a non-judgmental open atmosphere. In mid-June I will launch a free training session on getting unstuck in long-term recovery.

Stick with me. Grow with me.

[Click HERE to go to the Facebook Group.](#)

We will be building this together for the next months. Join the team. Watch for more information and other emails.

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



Facing Challenges - Building Recovery

Getting past the eggshells.

Here is a very brief look at one way you can use the blueprint of Mastering Recovery to get past walking on eggshells.

- **Phase 1- Foundation**
 - What fear or obstacle is holding you back or keeping you stuck?
 - What skills have you used to get to this point in sobriety?
 - How can you use those skills today to focus on ONE thing that you can do to improve the situation?
- **Phase 2- Flow**
 - What are the tools you can use to focus on improving the situation?
 - Make a timeline and plan.
 - Follow the plan. Practice, practice, practice.

- Phase 3- Freedom

- As you continue the practice, is it getting easier, enjoyable?
- Name one thing that has made a difference as you have done the practice.
- Celebrate the improvements and keep checking-in with your plans and feelings.

As the group develops over the next six weeks, you will see how these can be addressed in many different ways. This is but an example.

[Link to a copy of the Mastering Recovery Roadmap](#) to download.

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Quote and Picture of the Week

Calm is the best revenge.
- Bangambiki Habyarimana



Especially for oneself.

Mastering Recovery Tools and Resources

Coming in mid-June:

