

Mastering Recovery

A Newsletter on Long-Term Sobriety

#46 --May 18, 2022



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

Our Greatest Fear

What I'm Thinking

As I work on building the Mastering Recovery program, I keep thinking about the greatest fear I have encountered over the years of long-term recovery. I go back to years two to five and the pain point is so real, I can still feel it. My guess is that I am not alone when I say that it has been my fear of an active, using relapse. I remember Father Martin, one of the gurus of recovery from 1972 on, saying in a talk that many alcoholics would say they aren't afraid of alcohol anymore. He admitted that this was NOT a good idea. Alcohol, addiction, is cunning, baffling, and powerful, he reminded anyone who would listen.

Fear of relapsing can keep us abstinent long enough to move into sobriety and eventually recovery. Even after over thirty years of recovery, just the thought of an active, using relapse sends shivers up my spine. Yes, I know that today the chances are slim of it happening, but if I truly think I'm immune, I am in danger.

The first part of mastering recovery is to face that fear, admit it's there, and then move into building the lifestyle that helps maintain recovery. In AA and other programs, it is said that we share what we were like, what happened, and what we are like today. Admitting that relapse is an ongoing reality, is a starting point. A person whose cancer is in remission will do the work of maintaining health; the recovering person remembers what it was like and works to keep it going.

Eventually, the fear of relapse may slide into the background. It can be like an itch that we know better not go away, but other fears can build. It can be the fear that people who have only known us since we got sober, may look differently at us if they find out. It could be the fear that as we get older, we will lose the drive to stay sober or that some other drug will entice us after a medical problem. It could even be that stress or disaster will be so powerful that we will be impelled to go back to using.

*We may then start ruminating on the not-yet problems, even losing sleep or time over them. Perhaps other things *have* occurred and we worry too much. Resentments, anger, grief have taken over. And we end up stuck. Still sober, still abstinent, but not truly in the recovery we used to enjoy. That's the beginning of the foundation of mastering recovery. Admitting we are stuck- and then naming what's going on.*

*The ideas of **Mastering Recovery can be** a blueprint for long-term sobriety to helps us get unstuck.*

*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

Looking at how to apply mastering recovery to getting unstuck over these weeks.

How to apply mastering recovery to being stuck?

Phase 1- Foundation

- What are your fears today?
 - Are you worried about relapse?
 - Are you angry, resentful, anxious?
 - Where is it coming from?
- Phase 2- Flow
- Phase 3- Freedom

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.

Was this email forwarded to you?

Click button for your own subscription.

Subscribe

Whether you got this directly from me or had it forwarded to you- why not forward it to someone you think might be interested?

Quote and Picture of the Week

We should all start to live before we get too old.
Fear is stupid. So are regrets.
--Marilyn Monroe



Some things just make me laugh-
and that gets my attention.

Mastering Recovery Tools and Resources

Coming in mid-June:

A free online training on how to get unstuck in long-term recovery.

~~~~~

Here are the current resources:

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

**[www.masteringrecovery.net](http://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** is for those who want to engage more deeply in discussion 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**

**There are regular posts to both groups for fun, information, and discussion. Any ideas or suggestions will be welcome on the page or the group.**

<><><><><><><><><><><>

**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.

---

**Barry Lehman**

4903 16th Ave NW,  
Rochester MN 55901 United States

Copyright © 2022

You received this email because you signed up on my website. Spam is not part of recovery. If you don't wish to continue to receive this newsletter you may unsubscribe.

[Unsubscribe Here](#)

