

Mastering Recovery

A Newsletter on Long-Term Sobriety

#47 --May 25, 2022



Coming in mid-June:

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

Patience (?)

What I'm Thinking

It might sound like I'm ungrateful about the weather in my neck of the woods this spring. Which is probably what I am. It has not been the best of springtimes. It has been cool and cloudy, even rainy and stormy. I haven't had enough time to sit on my back patio and soak up the vitamin D. [Whine, whine, whine.]

Yes, I am impatient. It isn't happening the way I want it to happen. [Pout, snarl, grumble.]

- It didn't seem to be affecting the robin I watched for five minutes as he/she looked for a worm.
- Neither was it having any visible impact on the sparrow building a nest on the corner of the eaves outside my office window.
- It certainly didn't stop trees on the hill at the state park from turning green or the crabapple blossoms from showing up.
- I hear the bluebells were even willing to show up.

But for me, it's been a time to be ungrateful.

It floors me, that I can be so impatient, which goes hand-in-hand with lack of gratitude. It goes together with substance use disorder since often what we are looking for is instant gratification or instant medication. No time to wait or waste. I want it now.

Part of the struggle of early and middle recovery (up through the first 18 months) is that inability to wait. Many of us were so sure of our recovery that we know we could figure it out in our first 30 days in treatment. Give me twelve weeks and I will have mastered ALL the 12-Steps. I don't need to tell you how that worked for me! It takes practice- and then more practice, to get sobriety

figured out while barely getting into the depths and wonder and joy of what recovery can mean.

To be patient is to live in today. To be patient is to deepen our awareness of the people, the world, and the events around us. To be patient is to discover ourselves instead of just running past ourselves on a daily basis, hoping we'll catch up when we get the chance. Things like self-awareness leading to making goals for change keep us moving. Making a plan and having support takes more than one night at an AA or NA meeting.

Be patient. It takes time. But, wow, the results can be startling and wondrous.

*The ideas of **Mastering Recovery** as a blueprint* for long-term sobriety helps us build that ability to be patient. But we can easily go backward and find impatience building. Then we get stuck.

In mid-June I will launch a free training session on getting unstuck in long-term recovery. Watch for the information in two weeks.

Stick with me. Grow with me.

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

Over the summer we will be building this together. 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

Digging deeper into how mastering recovery helps us get unstuck (2).

- **Phase 1- Foundation**
 - [Week 1]- Naming your fears
 - [This week]- What's happening now?
 - Why do we get stuck?
 - Name the signs
 - How can mastery help?
- **Phase 2- Flow**
- **Phase 3- Freedom**

As this builds over the next 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

Impatience can cause wise people
to do foolish things.

- Janette Oke



Mastering Recovery on Facebook

- The **Mastering Recovery Page** is a public face for posts about ideas, resources, and general thoughts from me.

[LINK to Mastering Recovery Page](#)

- The **Mastering Recovery Group** is for those who want to engage more deeply in discussion on 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 Mastering Recovery Group](#)

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

**Forward this newsletter to others you think might benefit from it.
Help them get on board.**

Email Me with ideas or questions.

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](#)

