

Mastering Recovery

A Newsletter on Long-Term Sobriety

#48 --June 1, 2022



Coming in mid-June:

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

Mastery and Mystery

What I'm Thinking

I love photography. All the photos I use in the picture of the week are mine. I got this love from my father who was an early-adopter of new cameras and ideas. I was taking pictures by age 10, long before iPhones let me do that any time I wanted. (The new header coming in July will also be my picture.)

One of the things I like about taking pictures is the ability to go up-close, personal, and deep. There is mystery, majesty, and miracle hidden in plain sight. It is an invitation to dig a little more into what is available. It can be an inspiration knowing that there is more ahead, even when we don't know it yet.

Mastery- getting better at something enjoyable and important- is like that. Every time I do a personal inventory I am going a little deeper into what's happening in my life. When I stop and make a new goal for the coming two weeks, I am seeing what is possible that is still ahead. When I wonder what I'm missing in my recovery at this moment, I am using a close-up lens on my own daily life. The mystery and wonder of recovery become clearer. I can find new freedom and a new happiness. (Yes, I know that's one of those "cliches." But what makes something a cliché is the truth it states!)

It can be tempting to stay where we are, especially if it feels good and has been a long time in happening. That's natural. So celebrate what you have already discovered. Feel the gratitude of movement and growth. Then use that as the new normal from which to grow. What next? No, it doesn't have to be a big jump, just the one thing that will make your recovery grow.

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

In mid-June I will host a **free training session** on getting unstuck in long-term recovery. You will get an extra email in the next week as an advance announcement of it with a registration link.

Stick with me. Grow with me.

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 (3).

- Phase 1- Foundation
 - [Week 1]- Naming your fears
 - [Week 2]- What's happening now?
 - [This Week]- ONE Goal
 - What do you want from recovery that is missing right now?
 - What are your skills and resources?
 - What is the ONE goal that will move you in the right direction?
- 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

When you have exhausted all possibilities, remember this:
you haven't.
- Thomas Edison



Get closer.
Look more deeply.

Mastering Recovery Tools and Resources

Coming in mid-June:

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

Get registration link next week!

~~~~~

The current **Mastering Recovery** resources:

All the past issues of the newsletter are on my website.

**Here's the link.**

~~~~~

- **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** 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](#)

