



#2.1 - July 6, 2022

Flow to Freedom

What I'm Thinking

If you don't love what you are doing, you won't keep doing it.
If you don't love your recovery, it could mean

- A) you are not yet in recovery and want to be back using, missing the old days,
- B) you are trying to live someone else's recovery, or
- C) you haven't yet found YOUR recovery.

Even two years of continuous sobriety doesn't mean that you have come to truly enjoy what you are doing. The flow of recovery may happen from time-to-time after two years, but it can be sporadic. It still feels like a chore or even some duty you have to perform. Acceptance has probably come, perhaps even some gratitude; but life hasn't gotten into a sense of freedom.

This does not mean you are going to go back to using; that the substance use disorder is going to relapse. What you have done in the first years of sobriety is begin the ongoing process of rewiring your brain to find new habits, new purpose, and new sources of hope. In that one begins to find a sense of freedom. Not the freedom to do whatever you want to do, but the freedom to make healthy choices and to engage with the world and other people in ways that give you a sense of meaning and hope.

Yes, I know that sounds vague. At first it feels like that. It may even feel an odd mix of "I can't do this" and "Hmmm. It isn't feeling as odd as it used to." You can go from bored to engaged and back to bored in a matter of hours or days or even minutes. Bored means it's not challenging enough. Stress means it's too challenging. Flow- and freedom comes in the balance of the two, neither too challenging or too easy.

We may settle for the bored since we often want an "easier softer way" when we simply need to up the game a little. But not so much that we stress out and burn out. The disease can more easily relapse in both situations. Flow- and freedom- is found in balance. Balance is found in purpose, community, and service. It is built on a healthy view of self-care.

All together that builds your lifestyle of recovery for the long-term. Just when you think you have gone as far as you can go, you realize you've only just begun.



Facing Challenges - Building Recovery

Digging deeper into how mastering recovery helps us get unstuck.

Phase 1- Foundation

- [Week 1]- Naming your fears
- [Week 2]- What's happening now?
- [Week 3]- ONE Goal

Phase 2- Flow

- [Week 4] Building Your Plan
- [Week 5] Working your plan
- [Week 6] Staying Unstuck, Staying Healthy

Phase 3- Freedom

- [This week] Spirituality and Community
 - Discovering your spiritual personality
 - Community connections for spiritual fitness
 - Exploring creativity and improvisation skills

[Link to a copy of the](#)

Mastering Recovery Roadmap to download.

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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

You'll never get bored when you try something new.
There's really no limit to what you can do.

-- Dr. Seuss

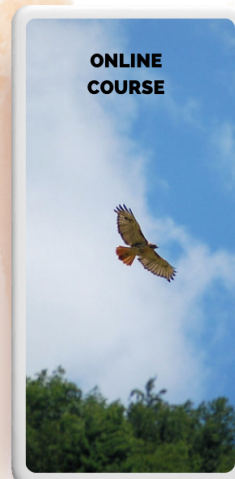
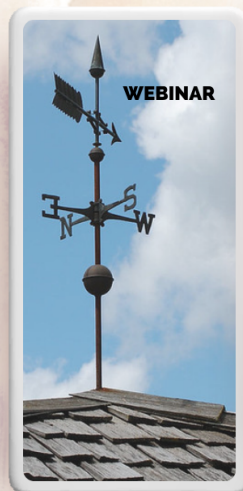


Get lost in the flow

wherever you go.

COMING SOON

Watch the newsletter to stay informed!



Mastering Recovery Tools and Resources

Here are current resources:

- **The book**, *Mastering Recovery: Find a New Freedom and a New Happiness Through Long-term Recovery*. [Amazon link](#). (Kindle, paperback, hardback, and audio book)
- **The book**, *Mastering Recovery: A Three-Week Journal to Start the Path of Mastering Recovery*. [Amazon link](#). (Paperback only.)
- **The Mastering Recovery web** pages have had an upgrade. Go to the home page:

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

[LINK to Mastering Recovery Page](#)

- The **Mastering Recovery Facebook 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.

- There is a **Newsletter Archive** for all the weekly newsletters on the website. [Link to past newsletters.](#)

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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.

Barry Lehman

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