



#2.4 - July 27 2022

Then Along Comes Gratitude

What I'm Thinking

Gratitude and acceptance. Or should it be acceptance and gratitude? It probably doesn't matter all that much. You can't really have one without the other. They are the two essential foundations of recovery. That's why I put them in the ninth stage of the roadmap of Mastery in Long-term Sobriety. It's not that they are the final stage, they are, for all practical purposes, what keeps us going into even greater depth of mastery of recovery.

You see, I have the hunch that once we get the answer of acceptance, gratitude is the natural follow-up! These two keep us moving and motivated to continue working our recovery. The promises in the AA Big Book tell us that we will discover them before we are half-way through. That means the Ninth Step in the book, but for me it was a reminder that there is far more ahead in recovery than there is behind.

Yes, I was skeptical. "Can it really keep going?" I asked. When I understood that acceptance was but the beginning of this amazing journey, I answered my own question. I admitted I was truly grateful for what had already happened, and that kept me open to what was yet to come.

Today, after over 33 years of recovery, it is as true as ever. I am still only at the beginning of where I am going. These three decades have only prepared me for what I can experience in recovery today. After all, today is the only day I have. So what I can do is be grateful, practice the principles in all my actions and know, beyond a shadow of a doubt that the best is yet to come.

Mastering Recovery: A Blueprint for Long-Term Sobriety

A unique support for professionals in long-term recovery to decrease anxiety in ninety days from a fear of cravings and relapse, so they can build an all-encompassing lifestyle of recovery and a sense of purpose and direction.

Phase 1 Foundation 1. Growth Mindset Increase the potential for growth in recovery avoiding the tension of feeling blocked. 2. Awareness and Autonomy Discover personal skills without getting sidetracked by fear of failure. 3. Desire and Empowerment Set a goal to work on without being overwhelmed by confusion.	Phase 2 Flow 4. Make a Plan Expand your goal without complications or minimizing your abilities. 5. Work the Plan Practice mastery to decrease cravings and fear of sharing feelings and needs. 6. Stay Unstuck Get clarity of goals and next steps to deal with anger or irritability.	Phase 3 Freedom 7. Spirituality and Community Find your unique spiritual approach to recovery without feeling disconnected or alone. 8. Values and Purpose Live by your guiding values without feeling unable to do it honestly. 9. Gratitude and Acceptance The next stages of your recovery beyond boredom or restlessness.
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Facing Challenges - Building Recovery

Digging deeper into how mastering recovery helps us get unstuck.

Summing it up.

Phase 1- Foundation

- Naming your fears
- What's happening now?
- ONE Goal

Phase 2- Flow

- Making Your Plan
- Working your plan
- Staying Unstuck, Staying Healthy

Phase 3- Freedom

- Spirituality and Community
- Values and Purpose
- Acceptance and Gratitude

[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

“How do I know what my higher power’s will for me is?”

“Just do the next right thing.”

-Often heard around Twelve-Step meetings.



A Source of Wisdom

Just do it regularly.

Now that we are into the second year of Mastering Recovery, I would like to hear from you. Watch for a special email in the next 10 days with a quick survey. Thanks for being with me!

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:

www.masteringrecovery.net

- **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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