

Mastering Recovery

A Newsletter on Long-Term Sobriety

#49 --June 8, 2022

I'm Excited- Expanding *Mastering Recovery*



A Mastering Recovery Free Live Training

Getting Unstuck in
Long-term Recovery

Wednesday, June 15, 2022
2:00 pm CDT

You will discover:

The Symptoms of Being Stuck

Mastery as a Blueprint to Long-term Recovery

What Will Work for You

Your Plan of Practice

Recovery is not something we do;
It is a lifestyle;
It is who we are.

Next Wednesday

[A free online training on how to get unstuck in long-term recovery.](#)

[Registration Link](#)

What I'm Thinking

*I got started in this **Mastering Recovery** development because I have seen that very little attention is paid to long-term recovery. Even books and articles that want to show how to have long-term recovery spend most of their time talking about getting abstinent and then sober. To get to long-term sobriety is one thing; to maintain long-term recovery is another.*

*Since the beginning I have wanted to expand it to more than the book. This newsletter was the first part; the Facebook page and group were next. Now I'm ready to go live with the first **Mastering Recovery Training** next Wednesday. It will address what I see as one of the biggest obstacles to building long-term*

recovery- getting stuck, not knowing what to do next, knowing something is missing but unsure about what to do to find it.

Mastery, the practice of getting better at something important to you, is at the heart of building that long-term recovery; it is also the blueprint for getting through the stuck-points that slow down or halt that growth. Next Wednesday I will give a training session on the what of getting stuck and the how of getting beyond it using mastery.

This training will be helpful to two different groups of people:

1. **People with more than two years of recovery** who feel the ache of being stuck. They know the joy of sobriety, but the experience has dulled. They want to find a way forward.
2. **People who work with others in recovery.** This could be counselors and therapists who want to help people build some of the habits of maintaining sobriety beyond two years. It could be recovery coaches and sponsors who want to help friends and others build that recovering stability.

That's why it's getting exciting to me. This is why I do this- to help others. To take it beyond the written word into a live space where ideas can be planted or nurtured into experiences. After over 33 years of my own recovery, I am even more convinced than ever that recovery is amazing (!) and that it is possible to build it.

Join me next Wednesday for this free training session.

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 (4).

- Phase 1- Foundation
 - [Week 1]- Naming your fears
 - [Week 2]- What's happening now?
 - [Week 3]- ONE Goal
- Phase 2- Flow
 - [This week] Building Your Plan
 - Finding your support team

- Knowing your tools
- The One Goal clarified
- Phase 3- Freedom

As the group develops over the 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

It's not who you think you are that holds you back;
it's who you think you're not.

-Anonymous [found on Pinterest].



Impostor syndrome?

Don't minimize who you are!

LIVE training on

Getting Unstuck in Long-term Recovery

June 15, 2022

[Register for Live Training on June 15](#)

