

Mastering Recovery

A Newsletter on Long-Term Sobriety

#50 --June 15, 2022

Long-term Recovery Takes Training



A Three-Week Journal Challenge
Journaling deeper into long-term recovery

A unique opportunity to use mastery to expand your recovery.

Daily emails

Two group calls

Action steps

Begins Tuesday, June 21
This will be the only time it will be offered for free!

<https://balehman.com/3week>

What I'm Thinking

Recovery, like fitness, takes training. Training isn't always fun and games. I have discovered over many years of music, exercise, and recovery that it isn't usually in the moment that it feels good or like fun. It is the result when you are done. We don't grow and improve if we aren't challenged to get out of the comfort zone that can keep us stuck. That zone is often (barely) good enough,

That is where using the idea of being "in training" is a possible metaphor. Play with that a moment. What I am training **for** is the goal. As a musician I want to

improve my sound and skill; when I exercise I want to build endurance and strength. As a person in long-term sobriety I want to make the lifestyle of recovery second nature, my default mode. That is a protection against any unseen triggers or unexpected events. Playing trumpet in a band is not just showing up for the concert- *that* is the fun part. But before that I need practice my part at home and then to be at rehearsals to see how it fits together. That can be boring- until I think about why I'm doing it. Then I get excited about the possibility of making music in public. It takes training!

My training as a person in long-term recovery is made up of all the things I do on a daily basis to maintain that recovery. The question I often pose to others, is the one I pose to myself: "What can I do today to strengthen my recovery tomorrow?" I have a whole list of those things from acceptance and gratitude into mindfulness and self-care. It comes to fullest joy when I see the joy and freedom that happens with a life of connection and purpose. That is all part of my training regimen. Unlike with physical exercise or playing my trumpet, these are things I can train on and practice in "all my affairs." There is nothing I do that should get in the way of recovery. So I have to keep practicing.

When I discovered the themes and practice of "mastery", it's application to recovery was obvious. I will never be a perfect trumpet player, let alone even as good as Doc Severinsen or Wynton Marsalis. Nor will I ever be able to compete with even my local high school athletes in being "in shape." But none of them is any more perfect than I am. Mastery is getting better at what's important to you.

Recovery needs always to be at the top of my list to work on.

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

- [Last week] Building Your Plan
- [This Week] Working your plan
 - Developing mindfulness

- Being honest, open, willing, and vulnerable
- Practice, practice, practice- and get feedback

Phase 3- Freedom

These can be addressed in many different ways. This is but an example.

[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

Fitness needs to be perceived as fun and games or we subconsciously avoid it.

— Alan Thicke



Training is Fun

When you remember its goal

(Rodrigo y Gabriela. Minneapolis, MN, 11/24/19)

Join the Journal Challenge

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Start your exploration of Mastering Recovery next Tuesday.

Other Mastering Recovery Tools and Resources

Here are current resources:

- **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.

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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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