

Mastering Recovery

A Newsletter on Long-Term Sobriety

#51 --June 22, 2022

Mastery and the Steps

What I'm Thinking

Mastery and the steps- like all successful recovery programs- they work together. Mastery is a way to develop long-term skills at recovery. Mastery is not a specific recovery program. I learned the ideas of mastery from being a trumpet student in my 60s. Mastery is getting better at something important, something you like, something you want to improve at.

I was having a discussion with some colleagues about this last week. We know that there are people who will refuse to listen to the 12 Steps. It's not for them, they respond. But underneath it all is a clear set of principles that you will also find described in SMART Recovery, Celebrate Recovery, cognitive-behavioral based- recovery. The language shifts, but it doesn't throw out what works.

They all begin with some foundation that life is not going the way that you want it to. In one way or another we have to start with that. If things were going good- we wouldn't have gone for help! (Steps one through three, for example.) Then comes the development of a path, a flow, a regular practice. That's the building phase. Getting in a habit, finding new ways of living, experimenting with hopeful disciplines. (Steps four through nine.) Then, even before you are half-way through the promises begin to come true, the new freedom and new happiness. That motivates us to keep moving, maintaining, and discovering joy. (Steps ten through twelve.)

That is why I will always tell people not to ignore the principles behind the steps or whatever program they are working. You don't have to agree with all the ways the language is used- it may not fit your culture or personality. But look at the ideas behind it. That's why there can be Buddhist, Jewish, and Muslim based recovery programs as there are Christian ones. That's why there are secular and gender-specific programs. That's why we can be open to learn different nuances and insights. Native American programs like Wellbriety, Red Road, and the Medicine Wheel can open new worlds of recovery.

Remember HOW-

- *Honesty*
- *Open mindedness*
- *Willingness.*

You need them no matter where your recovery takes you.

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 (6).

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
- [Last week] Working your plan
- [This week] Staying Unstuck, Staying Healthy
 - Inventory, check-in, keep goals clear
 - What to watch for
 - Maintain balance and look at what's next.

Phase 3- Freedom

[Link to a copy of the Mastering Recovery](#) Roadmap to download.

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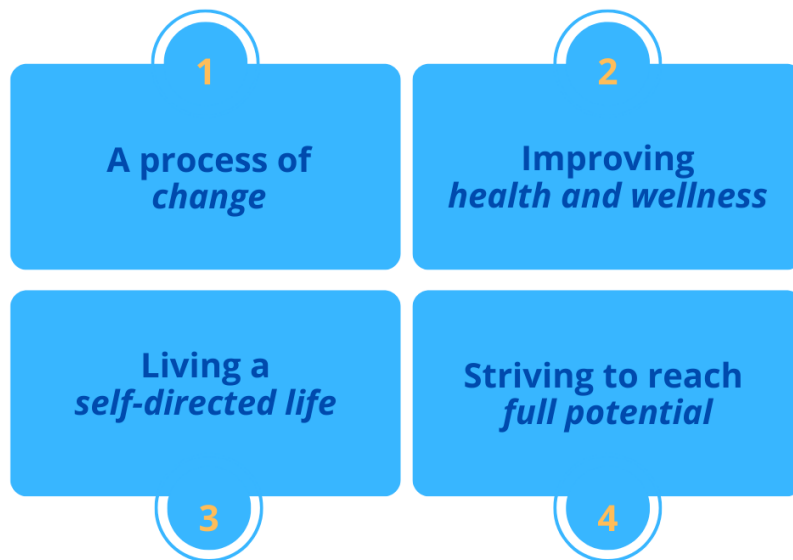
Whether you got this directly from me or had it forwarded to you- why not forward it to someone you think might be interested?

Quote of the Week



masteringrecovery.net

Recovery is....



from SAMHSA- U.S. Department of Health and Human Services

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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