

# Mastering Recovery

A Newsletter on Long-Term Sobriety



**#52 --June 29, 2022**

## **The First Year Ends**

### **What I'm Thinking**

*It's hard to believe that this is issue number 52. One a week. 52 weeks. One year of **Mastering Recovery**. I am continuing to work on building this out.*

*First, then, **thank you** to those who have been on the mailing list for this year. I'm glad you have been here with me.*

*Second, let me know what you are thinking. In the next year I plan on offering several different webinars and online courses. Let me know what you would like me to cover in either of these.*

*Third, share this with others. Forward the newsletter to someone you know. The more people who are involved, the greater the chance to address important issues.*

*Fourth, go to Facebook- like the **Mastering Recovery** page and join the Mastering Recovery group. We can have some discussions and answer questions there as well.*

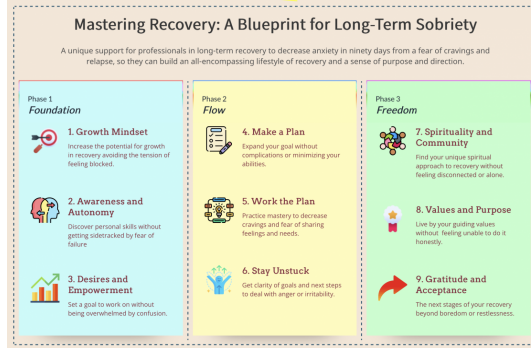
*I'm looking forward to more interaction and ideas. Again, **thanks** for being here.*

*Remember, no matter where you are in your recovery beyond the first two years, you ain't seen nothing yet!*

A handwritten signature in blue ink, appearing to be 'Ben'.

### **Facing Challenges - Building Recovery**

Digging deeper into how mastering recovery helps us get unstuck.



A pause this week in the nine stages of Mastering Recovery. The importance of the second phase needs to be experienced. It does not happen overnight. Because of the disease of substance use disorder, a number of things have to be done. This is what the Big Book of AA calls housecleaning. And it needs to be an ongoing practice.

- Next we launched out on a course of vigorous action, the first step of which is a personal housecleaning, which many of us had never attempted. Though our decision was a vital and crucial step, it could have little permanent effect unless at once followed by a strenuous effort to face, and to be rid of, the things in ourselves which had been blocking us. (Alcoholics Anonymous, p. 63-64)

Think of this second phase of Mastering Recovery as the way that original housecleaning is done on a regular basis. We all know what happens to our physical house when we ignore cleaning. It is far from pretty. So I wanted to highlight through this pause, the reminder that we have to develop recovery as who we are, not just what we do. It is a healthy lifestyle that will help us grow in recovery, no matter how many years we are sober!

### 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

- Three weeks on freedom starts next week.

[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 are never too old to set another goal  
or to dream a new dream.

-- C.S. Lewis



### ***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](http://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.

