



#2.12 - September 21, 2022
Because It's Good

Why stay sober? After all these years, I don't ask myself that question very often. But every now and then as I work on the mastering recovery ideas I think about it. It is really a question of motivation. There are three reasons I am still motivated to stay in recovery. They are the three levels of motivation at work in this one issue.

1. **Survival.** I have a chronic, potentially fatal, disease. If I don't stay in recovery, I may very well lose my life. This is a very primal form of motivation. It's built-in. It has kept our species alive for millennia.
2. **The Carrot and Stick.** This is a little more "civilized" than the survival motivation. If I stay in recovery, my life will be good. If I don't stay in recovery, it won't. I will lose many things and even relationships. This is sometimes called "extrinsic." It comes from outside pressures and/or threats.
3. **Because it's good!** I stay in recovery because recovery is good. I enjoy it. It has even become who I am- a person in recovery. This is the "intrinsic"-type of motivation. A recovery-based life, in and of itself, is worth the effort.

Part of developing long-term recovery is to come to understand all these levels. When I started, I was terrified of the consequences of having the disease of "alcoholism" or "addiction". That was the primal level. I wanted to live and eventually came to the point where I was willing to do whatever I needed to do- at any length- to maintain sobriety. I also knew at the same time, that my wife would most likely leave me and I would lose my job if I didn't get sober. That was the carrot and stick.

Then as I worked my early program, I had more and more good days. Tensions eased; fears, while still there, didn't keep me in a state of terror. Other things began to happen as I learned more about myself and how the disease had impacted my life. I learned to live as a person-in-recovery. It was growing as a lifestyle. It became who I am. I tried to practice the principles of recovery in everything I did.

When I learned about the path of mastery, I realized that it describes the path of long-term recovery. By deciding to get better at something important to me (recovery), I could build a stronger, and more effective life. I could stay motivated because it was, all other things included, good for me. And I enjoyed it.

That's why I like talking about mastery. Giving presentations about it and wanting to share the ideas is part of my excitement. I know it can be easy to get stuck or wonder if it's worth it. Sometimes we just lose the bright hopefulness that we have felt before. Being aware of the path of mastery keeps me growing and heading in the right direction.

Being in recovery is, in and of itself, good. And no matter how many years I may have, I am still surprised at how much I can still find new.

Join me on this journey. I love to share it.



- Add your thoughts to mine. .
- Give me feedback.
- Ask me questions.

Here is a link to schedule a one-on-one Zoom session with me over the next weeks. It will be a beginning point to what comes next

<https://calendly.com/barryrecovery/zoom-call>

Any questions, please email me. I hope we can find a time to connect and see how this can fall into place.

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



Facing Challenges - Building Recovery

Dig deeper into mastering recovery to help you move forward.

A Checklist for Yourself (AKA an inventory.)

- Why do I stay in recovery?
 - Why that? (Keep digging)
 - Why that? (Go deeper)
 - Why that? (Keep going).
- What's working?
 - Name one thing that has been working in your recovery the past week.
 - Celebrate it!

- What needs some support- or more practice?
 - Name one area of your recovery that seems weak, shaky, or in need of some attention.
 - How will what *IS* working help you strengthen this?
 - Who do you know who can help you work on this?

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Quote and Picture of the Week

You don't drink life because it's good for you,
you drink life because it is good.

- Randall Kenan



Like Sunflowers

drink in the sunshine of life.

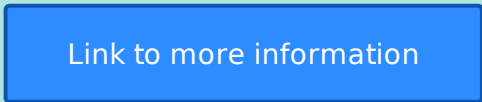
October 6-8, 2022

Addiction and Faith Conference

"This is a professional conference for faith leaders to learn about addiction and how to best respond."

--Pastor Ed Treat

I will be presenting an introduction to mastery and recovery on Thursday afternoon at 4:00.



Mastering Recovery Tools and Resources

Here are current resources:

- *Mastering Recovery: Find a New Freedom and a New Happiness Through Long-term Recovery.* [Amazon link.](#) (Kindle, paperback, hardback, and audio book)
- *Mastering Recovery: A Three-Week Journal to Start the Path of Mastering Recovery.* [Amazon link.](#) (Paperback only.)
- **The Mastering Recovery web** pages. Go to the home page: www.masteringrecovery.net
- **A Zoom session with me.** [Link](#) to my calendar.
- **The Mastering Recovery Facebook page-** [LINK to Mastering Recovery Page](#)
- The **Mastering Recovery Facebook group** A "private group" only those who are members, will be able to see and make posts. [Link to JOIN](#)
- **Newsletter Archive** of all the weekly newsletters. [Link to past newsletters.](#)

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