



#2.14 - October 5, 2022
Being Honest

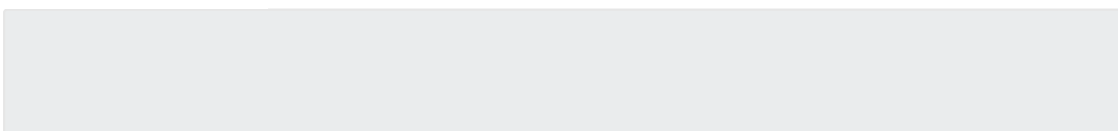
Last week I talked about acceptance. This week's about honesty. The person I have often had the most trouble being honest with is myself. I am good at telling myself what I want to hear or what I wish the world was like. Which is why I need to be ready to take an honest inventory. And to do it regularly. Many of us in recovery learn the hard way how to do an inventory. My sponsor sure helped me do that. No not my original 4th and 5th step. That I did with a chaplain. It was the regular meetings with him in my early year(s) that made me take a true inventory.

- Sponsor: So, how's your recovery going this week?
 - Me: Just great. Couldn't be better?
- Why aren't you looking like it is?
 - Well, maybe it was something I ate.
- Really. How is it actually going?
 - Honestly. It's very good.
- What are you working on this week?
 - Oh, you know, the same old, same old.
- Well how's your acceptance going?
 - Acceptance? Uh....

Well, it went something like that more often than I would like to think is true. To do a true inventory is to look at oneself and see the good and the bad, the nice and the ugly. It is an ongoing cycle of self-awareness, being aware of feelings and thoughts, admitting to myself and to specific others what's going on in my life. It is knowing where things are not working like I really want them to and to find out what I can do differently to improve them.

To do that is to leave myself open for learning and growing. It is the direction of health and healing.

A handwritten signature in blue ink, appearing to be 'Ben', is written in a cursive style.



- 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.

Try these inventory-starter questions to get you thinking?

- What do I want to work on?
- What is going well in my life?
- What do I need to work on?
- Who can help me learn how to improve what isn't going as well?
- What's one single step that can make it all easier?
- Is there some part of my program that I used to do but have moved away from? Is my program better for that, or do I need to look at that?
- What is something I have wanted to do for sober and healthy living that I have never started?
- What is one step I can take to doing that?
- How is my acceptance today?

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Quote and Picture of the Week

There's just some magic in truth and honesty and openness.

-- Frank Ocean



"Silent without the sun"

and the sun is the light of self-awareness.



Plan for the annual MARRCH Conference in St. Paul.

I will be doing a breakout session on **"If Acceptance is the Answer, What's the Question?"** on Monday afternoon, October 24, at 2:30. I will also be at my book table. Stop by and say "Hi!"

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.)
- **A Zoom session with me.** [Link](#) to my calendar.
- **The Mastering Recovery web** pages. Go to the home page: www.masteringrecovery.net
- **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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