



#2.17 - October 26, 2022
Go Into Flow

Sometimes we just plain suck at recovery. That's how one person described to me the first days of sobriety earlier this week. After any number of years using and being under the influence of a Substance Use Disorder, we don't naturally know how to handle a new life. It was an idea that I had never put into quite those blunt words.

The truth is that no matter how long we are in recovery (and if I make it until Saturday this week, it will be 34 years) the days will come when we just plain suck at it. Part of that may be the continuing existence of the disease and some of it may just be that we are human and in times of stress, discomfort, change, fear, or (fill in the blank) , we just can't seem to make recovery work for that day.

We know that it's not working because we don't feel as "happy, joyous, or free" as we have come to enjoy. We know something is off because no matter how hard we try we can't seem to fall asleep at night. We know that we suck at recovery because life isn't what it has been. We may not realize that we are off-center from our recovery, but we are. It is not an unusual occurrence. Life happens, and we respond.

When I was writing some of this at the MARRCH conference yesterday morning, alarms started going off all over the exhibition hall on everyone's phones, mine included. **Security alert: Shelter in place.** (A few minutes later we got an alert that says it wasn't in our neighborhood).

When recovery loses its joy, or we begin to think that we suck at it, it may be like that alarm going off. Pay attention. Don't ignore it. The emotional or mental downturn, may be letting us know we are facing something new, something stressful. Don't panic. Pay attention. Don't go into fight, flight, or freeze. Go into flow. Become mindful of what's happening. Talk to people. Figure out what you are doing well. Ask yourself all your inventory questions. Talk to more people- mentors, coaches, sponsors. When you think you suck at it, it's probably because it is something new.

You have been successful before; there is no reason why you can't continue to be. Remember that recovery is a lifestyle that keeps us motivated to keep moving.



Facing Challenges - Building Recovery

Digging deeper into how mastering recovery helps us keep moving forward.

Starting November 3, there will be an online webinar available at Teachable. After it launches, the cost will be \$24. It will be on **The Basics of Mastering Recovery.**

By clicking on the image below, you will be able to be pre-registered for the webinar course at half price. I will send you a coupon code to use on Teachable to get that 50% discount.

Mastering Recovery.

The Basics

Available anytime after November 3



This is for you if

- *You are in long-term recovery*
- *You want to expand your sobriety*
- *You want to discover greater meaning*
- *You want to help someone else grow in recovery*



Special
50% off before 11/3
Register now



<https://balehman.com/basics>



This 50% off offer will only be available until the webinar is published. By pre-registering, you will be guaranteed the discount.

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.](#)

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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

Growth is painful. Change is painful. But nothing is as painful as staying stuck somewhere you don't belong.

— Mandy Hale



Especially when that place...

...is your own head.

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
- **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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