



#2.18 - November 2, 2022

Welcome to the new newsletter subscribers from this year's annual MARRCH conference. It was good to talk to you and many others about the Mastering Recovery ideas. Keep in touch.

What's Next?

It has been a very busy week since the end of the conference last week. The conference itself as excellent with good contacts and opportunities. Networking is the official-type term for it, but it boils down to talking to people about many things, not just mastering recovery. Sounds like making friends to me.

I was particularly excited to hear from one of the subscribers to this newsletter and a former colleague how she has used the Mastering Recovery ideas. Even though she works in primary treatment, if the person entering the agency has had three or more years of sobriety *prior to the disease relapsing*, she begins using some of the ideas of mastery to get them reconnected.

Any of us who work in primary treatment know that a significant number of new clients and patients have previously been in some level of sobriety. They have known some of the promises of recovery. They have experienced some of the hope and joy of the new freedom recovery brings. For any one of a number of reasons, though, the disease relapsed. With that they feel as if they have failed or that they are a hopeless case.

They may also have the desire to regain what they have felt before when they did have recovery. They are not in long-term recovery, but chances are they know what it looks like and that it may be possible to get back there. I had never thought of that as being a time to introduce the ideas of mastery. (That may be called tunnel vision?) But as my friend talked, I saw that as part of the next development in the mastering recovery series.

I had already planned on looking at ways to adapt part of the mastery process to primary treatment. A number of you commented that this was something you would like to see. My thought has been to develop a way of discovering where a particular program can do a self-inventory. All of us know that our programs have strengths and weaknesses. What weakness, shortcoming, or gap might we have that the process of mastery might help up address? All these discussions have led me to begin to make plans on doing just that.

SO, if you have used any helpful ideas of mastery in your treatment programs, let me know. If you think there is something that you would like me to explore, be in touch. Let's not wait a whole year to see what we can build into our work with others.



Facing Challenges - Building Recovery

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

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

(You will need to have a free Teachable account.)

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 tomorrow

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*

Last Day for 50% off before 11/3 Register now

~~\$4~~

<https://balehman.com/basics>

MASTERING RECOVERY

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. That can be a way to look at the ideas you may have or questions you would like to work on.

<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

I'm not telling you it is going to be easy,
I'm telling you it's going to be worth it.

-- Anonymous



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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