



#2.34 - March 1, 2023

Values and Purpose: Session #2



Honesty, Desires, and Empowerment

Welcome back. I hope it was a good first week to begin to dig into your recovery life and direction.

In our first week we discovered more bits and pieces of ourselves through having a growth mindset (“With help, I can do this”), a willingness to explore the fears that can get in the way, and finding clarity through self-awareness.

Time now to dig more deeply by using inventory to

1. be more self-honest,
2. find what our goals can be, and
3. seeing where and how we might become empowered to live happy, joyous, and free.

This is all in preparation for exploring what our personal values are and how we can comfortably live them. The fears we looked at last week, no longer have to get in the way. We can become more comfortable with who we are. That will help us find the power we need to live, as we truly want to live.

Underneath the fears we explored last week is often a very basic possible consequence- relapse. Remember, we do have a disease and it is the disease that relapses. That begins long before we use the substance. Even though I have often minimized this, or even ignored it, it is there. It’s potential may show up in various symptoms- restlessness, irritability, or being discontent; the possible outcome is emotional, mental, or eventually physical relapse. We can’t just say, “Oh, I’m doing fine” and try to move on. If we have not developed the ability to be honest with ourselves and admit what’s really happening, we will get bogged down in our old patterns.

That’s a big order, and no, it won’t be done in six-weeks. In these first two weeks, you can discover that what you have already learned in your recovery to this point is far more empowering than you realized. You have managed to stay sober and in recovery for more than two years. You have been doing something right.

- Why? What has been the motivation?
- What actions have you taken in the past?

- Do you believe you can continue to do what you need to do?
- Do you need some new skills?

This week we scratch the surface in three ways:

- The unique directions and hopes for a lifestyle that enhances living in recovery
 - What motivates you to stay sober?
 - What are your values?
- The skills you have and will need to move forward
 - What has worked in the past and what needs strengthening today?
- Name one specific, measurable, and achievable goal that will support living your values in recovery.
 - Be focused, clear, and honest about what you are going to do.

Journal Prompts

Last week I named the biggest fears that often keep us from living by our values. They were:

<>Rejection <>Failure <>Discomfort <>Change

In working at that last week, you also explored why you have been able to overcome your fears in certain settings. That was the times you were able to move beyond cravings and not have the disease relapse. Looking back to your thoughts last week:

- What was the value that was easiest to do this with?
- What skills did it take to be successful?

To help you look more deeply into that, I searched the Internet and came up with a list of more than seventy values often mentioned as important to maintaining recovery. I then broke them down into three categories based on the three basic values of recovery: Honesty, Openness, and Willingness. I ended up with these three groups of five values each. I then prioritized each group into an order that I find helpful. Take a few moments and look at them. Then pick one from each list that you would say at first glance is your most important value that you have the easiest time living? Don't over think this. We are only beginning this week. You will have more chances each day to think about these and develop them over the next four sessions.

Values of Recovery

<u>Honesty</u>	<u>Openness</u>	<u>Willingness</u>
Accountability	Gratitude	Empower others
Integrity	Acceptance	Generosity/empathy
Identity	Community	Servant leadership
Self-care	Spirituality	Serenity
Mindfulness	Compassion	Equality/justice

Make a note of those three values. It is okay if you had trouble picking one for each. That is usually because we are focused on certain specific values. Clarity beyond that will come later.

Now, one more thing to start the week- go back to the values and pick one from each column that cause you the *most fear or uncertainty*.

Under *honesty*, the value I have the most difficulty with is _____ because _____.

Under *openness*, the value I have the most difficulty with is _____ because _____.

Under *willingness*, the value I have the most difficulty with is _____ because _____.

Each day this week, spend no more than 5-10 minutes reflecting on each of the values you noted. Make notes in your journal of new insights into those values *in your daily life*. It is important that you do this with mindful awareness. That means simply see it as the way it is. No judgment is intended. Live with acceptance, knowing that you will get greater understanding as you explore the direction of your recovery.

Goal/One Thing

Look back at last week's answer to the question:

- What is the one thing that I can do in the next week that will make all this easier to do?

In light of the values you reviewed above, tweak the original goal for the next week. Remember this is a building process, going into greater detail for you each week.

- What is the one thing that I can do in the next week that will make understanding my values easier?

Week's Practice

Remember that *deliberate practice* is where mastery begins. But it has to be a regular practice. It has to be *repeated* on consistent basis. That helps it become a habit, almost like second nature. Only then can we begin to sort out what we need to do and move beyond the anxiety or fears that can hinder us. As you take your daily time to reflect, ask the same questions, but try to go one step further into your answers. You will slowly realize that you are gaining new insights into what your own desires and hopes are for your long-term recovery. With that in the back of your thoughts, ideas will come. Maintain non-judgmental awareness and keep notes.

That's it for this week. Just go and do it. Relax into it; find what gives you a sense of peace, joy, or hope. Have fun with it. Next week we will move into the flow of our journey together and name some of the values we want to live with.



[Link to PDF version of this newsletter and lesson.](#)

Facing Challenges - Building Recovery

[Link to blueprint.](#)



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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Quote and Picture of the Week

Figuring out your core values will help give you direction and keep you moving toward what is important to you.

-- Alissa Rumsey



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.) Free [PDF Link](#)
- **Mastering Recovery: The Basics.** Online webinar at Teachable. [Link to enroll](#).
- **The Mastering Recovery web** pages. Go to the home page: www.masteringrecovery.net
- **The Mastering Recovery Facebook page-** [LINK to Mastering Recovery Page](#)
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