



#2.36 - March 8, 2023

Values and Purpose: Session #3



Focus and Plan

Phase 2: Flow/Mastery.

Session 3

Welcome to session three of Values and Purpose. We have covered the foundation of the Mastering Recovery blueprint- the growth mindset, an awareness of what has worked for your sobriety, and an initial inventory of values. Session three is when you set up your practice that you want to get better at.

Before that, there is one more value that was not on the list last week. Did you miss it? Did you wonder why it wasn't included? If you didn't notice, that's okay since it is an "assumed" value. It's implied in the whole process, but the question needs to be asked anyway.

- Is recovery your most important value?

That has been at the top of my list of inventory questions since the first January I was sober. The daily reading from the Twenty-Four Hours a Day meditations (Hazelden Foundation,) for January 6 was often quoted- and certainly stood out when it was read. The reading ends:

- Nothing in the world is as important to me as my own sobriety. Everything I have, my whole life, depends on that one thing.

Can I afford ever to forget this, even for one minute?

What that means for our purposes this week is that this insight or value can become part of our daily practice. It is a way of looking at every other value in our lives and to see how they support the value of recovery. It is seeing our lives and everything we do through the lens of staying clean and sober.

Let's define "practice" (from Google search).

- Practice is the act of rehearsing a behavior repeatedly, to help learn and eventually master a skill.
- Practice means to perform (an activity) or exercise (a skill) repeatedly or regularly in order to improve or maintain one's proficiency.

Remember the five steps of developing mastery from Anders Ericsson's book, *Peak*:

- Deliberate Practice
 - Goals and plans
 - The One Thing that makes it easier
- Repetition
 - Regular schedule
 - Don't rush it
- Consistent Feedback (External & Internal)
 - Discuss it with mentor, coach, sponsor, close friends
 - Be honest with yourself
- Focus
- Endurance

In the first two sessions, we set up the basic approach for deliberate practice and repetition. That continues this week, but now ask yourself, "Who do I know that seems to be able to do this practice with understanding and effectiveness?" In order for this to grow you will need to utilize the three overarching values of recovery- the *honesty* to admit you want support, the *openness* to listen to advice and ideas, and the *willingness* to do the work

Journal Prompts

Let's look at the list from last week.

Values of Recovery

<u>Honesty</u>	<u>Openness</u>	<u>Willingness</u>
<ul style="list-style-type: none">• Accountability• Integrity• Identity• Self-care• Mindfulness	<ul style="list-style-type: none">• Gratitude• Acceptance• Community• Spirituality• Compassion	<ul style="list-style-type: none">• Empower others• Generosity empathy• Servant leadership• Serenity• Equality/justice

First, make note of which was the easiest value for you to live under each main value.

Spend time each day considering the three values that are the easiest above.

Try each day to name a different way the value supports recovery.

Under *honesty* the value of _____ supports recovery through _____.

Under *openness*, the value of _____ supports recovery through _____.

Under *willingness*, the value of _____ supports recovery through _____.

Now, remember which was the most difficult value under each main value.

Spend time each day considering the three values that are more difficult above.

Try each day to name a different reason why the value is difficult for you.

Under *honesty* the value of _____ is difficult for me because _____.

Under *openness*, the value of _____ is difficult for me because _____.

Under *willingness*, the value of _____ is difficult for me because _____.

By the end of this week you will have developed a fairly comprehensive understanding of the values that have been a major support for you in your recovery thus far. These are your core values that have motivated you. You will also have discovered the values that will be valuable in expanding your recovery. With all this, you will be able to make focused and important plans. And, because you have already been successful at staying in recovery, you know you have the skill, motivation, and discipline to keep going.

Goal/One Thing

Let's look at this week's One Thing from the angle of recovery and planning. Here's an example of one that I have had to use a number of times in my years of building long-term recovery:

- *For me at this time in my life, **recovery** is being able to live without anxiety that my disease will relapse and I will lose the joy and wonder I have discovered. In order for that I will need to continue to build a lifestyle based on gratitude.*
- *For the next seven days, the **One Thing** I can practice that will make this easier is to make a daily gratitude list of five new things each day.*

1. The first statement lists

- a. The goal I am working on *at this time*. It is specific and time-sensitive.
- b. It then names the "fear" and consequence of not living accordingly.
- c. Finally there is the value I will be working on.

2. The second statement names the specific practice to build that value.

Yes, it is like a formula, but it gives you a starting point. It can also keep you from getting too complicated or making it a chore. If recovery is as important as we say it is, we must do all we can to make it worth the time and effort. Which, through mastery, will make it a lifestyle that gives life meaning and purpose.

Week's Practice

Reflect on these two statements.

1. Recovery means being able to live without _____ and its potential consequences, _____; I can build a lifestyle based on the value of _____; and the one thing I can do to make this easier is the practice of _____.
2. Through living more fully by my value of _____, my _____ will be reduced and my _____ will be increased.

As you begin the week, don't worry about how precise your wording is. You are exploring meaning and your values. Let it build through the week.

Each day look back on the previous 24-hours and see how you have been able to do what you want to do. Celebrate what you have done and make a simple decision to strengthen it in the next 24-hours. Always keep it simple.

Note: This is the halfway point of the sessions. I would love to hear from any of you who have been working on these Values and Purpose directions. Send me an email at barry@balehman.com with any reactions, ideas, suggestions, and questions. I can then make the next three sessions more focused on what you might need. Thanks! and have a good week.



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



Facing Challenges - Building Recovery

[Link to blueprint.](#)

- Other new resources coming later this year to the Mastering Recovery family:
 - For professionals working in the field of substance use disorder:
 - How to begin to work with clients on the very basics of mastery without scaring them away.
 - This could include developing training programs, continuing education webinars, or coaching.
 - For individuals in long-term recovery:
 - How to navigate the difficult transitions in years two through five.

I want and need your ideas and feedback.

- Send me an email at barry@balehman.com

- Schedule a one-on-one Zoom at the link below.

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

If you don't stick to your values when they're being tested, they're not values: they're hobbies.

-- Jon Stewart



Values...

keep you rooted.

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](#)
 - 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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