

#4.46- Shifting Gears



Getting Ready: What We're Building Together

What I'm Thinking



We're at a turning point—not a departure.

I'm zeroing in on those of you beyond year two, who've hit a plateau or begun to wonder, *Is this it?*

I recently discovered that one of my memorable quotes from my earlier years in recovery was this:

- Everything I know about living my life in healthy ways, I found in the 12-Steps.

This work has always been rooted in the 12-Steps. But growth doesn't stop there. If you've ever felt stuck, bored, or unsure where your recovery is going, I want to offer tools that move beyond maintenance—and into meaning.

Over the past two months, you may have sensed a shift. I've been hinting at it, circling around it, and now it's time to say it plainly:

- I'm shifting gears in ***Mastering Recovery***—not away from the 12-Steps, but deeper into their long-term potential.

Why?

Because I've heard from too many people—clients, friends, even colleagues in recovery—who tell me the same thing:

I'm not struggling with staying sober anymore.

But I'm not sure what comes next.

You followed the path.

You showed up.

You worked the Steps.

You stayed sober.

You built a life that, by all accounts, works.

Way to go! That's what long-term recovery is all about!

But lately, something feels off.

Not broken—just... unfinished.

The cravings are quieter.

The chaos has settled.

But in the stillness, a different kind of restlessness sets in.

Not a fear of relapse— but the fear of staying exactly where you are. It's like you've climbed a long, winding trail and now find yourself on a plateau. You can see how far you've come.

You're grateful for the view.

But you can't help wondering... Is this it?

The tools that helped you survive don't always help you grow. The Steps are still true—but they speak differently now. Because *you* are different. The Steps invite you not just to stay sober and clean, but to come alive.

That's what this next chapter of *Mastering Recovery* is all about.

- It's not a replacement.
- It's not a departure.
- It's a deeper walk with the same compass—toward purpose, renewal, and freedom.

- ***Because long-term recovery isn't just about staying on the path.***
- ***It's about finding the courage to keep walking when the old map runs out.***

That's why I created a new, free mini-guide:

 **How to Grow with the 12 Steps, Not Outgrow Them**

Inside, you'll find three mindset shifts to help you engage with the Steps creatively, spiritually, and personally—even after the early structure feels too familiar.

 [\[Click here to download the guide\]](#)

If you've ever wondered what recovery could look like beyond maintenance—this is a good place to start.

If it resonates, I hope you'll forward it to someone who may need the same encouragement.

Because this isn't about leaving the Steps behind. It's about walking with them—and growing as we go.

Watch the newsletter for more about this shift. I look forward to growing it with you.

Closing Prompt:

Where in your recovery are you feeling called to grow—but haven't known how to begin?



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I'd love to hear from you.

 **Taking a Step Beyond**

We must be willing to let go of the life we planned so as to have the life that is waiting for us."

— Joseph Campbell



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