

Mastering Recovery

Rooted in the Steps. Growing Through Connection

With Barry Lehman



#5.08- The Movement of Forgiveness

August 20, 2025

What I'm Thinking

Last week, we explored how **Steps 1 - 3** invite us into truth, curiosity, and trust.

This week, we move into the middle stretch of the Steps— not just the work of reflection and repair, but the **movement of forgiveness**.



This is the part of recovery where Flow begins.

Not ease, not perfection— but a lived rhythm of becoming more honest, more open, and more free.

✍️ **“Forgiveness is not an occasional act; it is a constant attitude.”**

— Martin Luther King Jr.

Forgiveness isn't just something we do at a milestone—it's the energy that lets long-term recovery breathe.

This week's steps teach us how.

Step 4: Courageous Inventory

Step 4 is not just about writing things down.

It's about seeing ourselves with clarity and compassion.

Long-term recovery gives us the chance to revisit inventory,
not out of fear, but from a desire to grow.

“What patterns are showing up again?”

“What part of me is still asking for healing?”

A fearless moral inventory becomes a **mirror of growth**,
not a ledger of failure.

Step 5: Sharing the Truth

Step 5 is where vulnerability becomes connection.

In early recovery, it may have been a terrifying confession.

But in long-term recovery, Step 5 becomes an act of trust—
a **witnessed surrender**, rooted in grace.

We say:

“This is my truth... and I’m still worthy of love.”

Steps 6 & 7: The Humility of Becoming

Willingness.

Readiness.

Asking for help.

These Steps are less about perfection and more about **participation**.

They ask us to cooperate with change,
to release the illusion that we can fix ourselves alone.

They return us to humility—not humiliation.

A humility that says:

“I am still becoming. I am open. I am willing.”

Steps 8 & 9: Repair and Release

Making amends in long-term recovery can be tender work.
Some relationships may never be fully restored—
but the process still frees us.

We don't just make things right with others.
We release *ourselves* from the weight of the past.

Even if the person is gone.
Even if the harm feels too old.
Even if we're the one who needs to forgive.

This is the movement of forgiveness.
Not a one-time act, but a rhythm of healing.

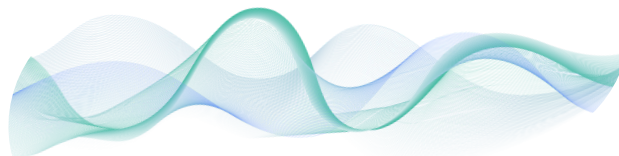
Step 10: A New Daily Flow

Step 10 helps us keep the channel clear.
It invites us to notice and name the places we slip,
and to return—gently, promptly, and without shame.

In long-term recovery, Step 10 becomes a practice of presence.
But it begins in early recovery when we learn that it works.

“Where am I off today?”
“What needs naming?”
“What do I need to release?”

This is **Flow**—
where the Steps, through practice, become a lived experience,
not just a remembered one.



Reflection Prompts: The Flow of Forgiveness

Where are you still holding something that no longer serves you?

What resentment, shame, or old story might be quietly disrupting your inner flow?

Where might you need to forgive someone—or yourself?

Not to forget or excuse, but to free yourself to move forward.

What does daily honesty look like for you now?

What would it mean to return to Step 10 as a living rhythm—without fear, without perfectionism?

A New Space for Purpose-Driven Recovery

The Deeper Recovery Mastermind

The Living Steps: Taking the 12 Steps Further

- The **Deeper Recovery Mastermind** is a small, honest, reflective group for those who have done the work — and are ready to go deeper. It is a sacred space for connections.
- It will be a three-month mastermind group, limited to 6 - 8 individuals.
- In long-term recovery, this mastermind group can be a powerful tool to practice the Steps in real-time, not just in review

Because the spirit keeps growing.

Because recovery doesn't end at Step 12.

It begins again.

Interested?

 [Visit the Coaching & Connections Hub to explore more.](#)

✓ Taking a Step Beyond

It's one of the greatest gifts you can give yourself, to forgive. Forgive everybody.

— Maya Angelou



➡
SOON Coming next week...

☀ *Freedom and Purpose*
(Living the Steps Forward)

A handwritten signature in blue ink, appearing to read "Barry".



Do you like the newsletter? Forward it!



Wherever you are in the journey- come back to what grounds you.
You're not alone.

Barry Lehman

2370 Lexington Ave. S
Mendota Heights, MN 55120

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