



# Mastering Recovery

*Rooted in the Steps • Growing Through Connection*

With Barry Lehman

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## My Responsibility ● Deeper Recovery

### Growing Into Who I Am

There's a moment in recovery when something begins to shift. We talked about it last week.



A small change.  
A different response.  
A quiet sense of:

**“Yes... that’s it.”**

And then, almost immediately, something else follows.

Responsibility.

Not in a heavy or overwhelming way.  
But in a very real, very practical sense. Because once we begin to see more clearly, it becomes harder to ignore what we see.

Sometimes it shows up in small, ordinary ways.  
Like doing something we'd rather avoid.

Even something as simple as... paying taxes.

Not because we suddenly enjoy it.

But because we're no longer living in avoidance.

### **From Early to Long-Term**

Growth has a way of doing that. It doesn't just change how we feel.  
It changes how we live.

Sometimes it's even more subtle.

A moment where we pause instead of reacting. A conversation where we listen a little longer. A willingness to let something unfold instead of controlling it.

Nothing dramatic.

But something is different.

Once we see it...

it begins to ask something of us.

In early recovery, much of our energy is focused on staying sober.

Learning new patterns. Avoiding old ones. Stabilizing life.

And that matters.

Over time, something deeper begins to take shape.

Recovery becomes less about:

👉 "How do I stay sober?"

and more about:

👉 "How do I live well?"

And living well brings responsibility.

### **The Heart of the Week:**

That is where it shows up as:

- telling the truth when it would be easier not to...
- following through when no one is watching...
- repairing something we've been putting off...
- showing up for others in a more consistent way.

Not perfectly.

But more intentionally.

It also shows up internally:

- noticing our reactions
- owning our patterns
- choosing how we respond instead of reacting automatically

This is where recovery becomes less about effort...  
and more about character.

Then, over time, something subtle but important begins to change.  
The things we once practiced—

honesty, open-mindedness, willingness, acceptance, grace—

are no longer just tools we use when we need them.  
They become ways of living that we take responsibility for.

Not perfectly.  
But intentionally.

- I don't just try to be honest when it's necessary so I don't relapse.
  - I am responsible to live honestly so I can be trusted.
- I don't just accept what I can't control because I have no choice.
  - I am responsible for how I respond to it.
- I don't just receive grace and think how wonderful it is.
  - I am responsible to live as someone who has received grace and not withhold it from others.

This is what responsibility begins to mean in long-term recovery.  
Not pressure. Not perfection.

Ownership.

Ownership of the life we've been given in recovery.  
And a willingness to be shaped by the program we are living.

In a small conversation this past week, someone said something that stayed with me:

Maybe this isn't something to fix... maybe it's something to grow.

That felt right.

At some point, recovery stops being something we maintain...  
...and starts becoming something we grow into.

That's the space I've been trying to open.

Not something to fix.

But something to grow into.

### **From the last Masterclass:**

The session was a **deep, mutual exploration of long-term recovery**, especially focused on:

- what changes after decades of sobriety
- how the 12 Steps evolve from structure → lived reality
- the subtle challenge of **growth without crisis**
- and the question of **purpose, presence, and continued development later in life**

A major shared realization was:

“They [the Steps] really do work... but differently now.”

- The Steps are no longer something to *do*
- They become something to *live*
- Application becomes more subtle, less conscious

Examples:

- applying principles to aging, health, loss
- using the program for “life problems,” not sobriety problems
- needing awareness *before* problems emerge

These are the kind of directions that are easier to explore together.

### ♦ **The next Masterclass is next week**

I'll be hosting another small online *Masterclass*:

**Beyond Sobriety: Recognizing What Comes Next**  
**Tuesday, April 22 • 12:00 PM Central**

A Masterclass isn't a webinar, it's a small, conversational hour where we:

- \* look at how recovery shifts over time
- \* reframe restlessness as a signal, not a problem

\* and take time to reflect on where growth may already be beginning

Last week's conversation was just two of us, and it turned into something meaningful.

If something in you has been noticing this...

You're welcome to join us.

[Learn More and Save Your Spot](#)

This is deeper practice.

Not something we do occasionally—  
but something we become.

And sometimes, it even looks like something very simple:

Doing the next right thing—  
even when we don't feel like it.

And sometimes, it may look like something even quieter:

Sitting on the plateau of today... and learning to appreciate the life that is already here.

### **A Closing Thought**

Growth doesn't just give us new possibilities.

It asks something of us.

Not more pressure.  
But more presence.

So maybe the question this week isn't:  
*"Am I doing this perfectly?"*

But:

**"Where is life asking me to take one small step of responsibility?"**

Because those steps—  
quiet, consistent, often unseen—

are what shape the life we're building.

💎 **A simple reflection for the week:**

✍️ Where is life asking something a little more of me right now— not in a big, overwhelming way, but in one small, clear step of responsibility?

Next week, we'll look at something just as real:

What happens when we feel like we've stopped growing... and how to move through those moments with courage.



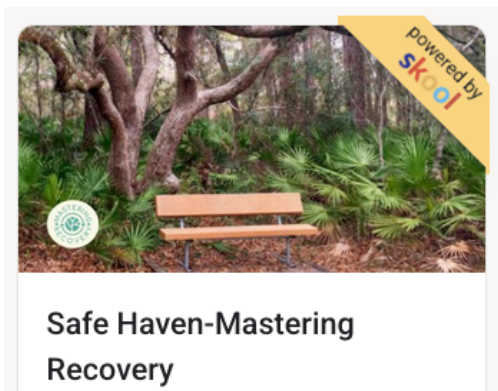
**Back issues of the newsletter** can be found at: [Newsletter Hub.](#)

**Email me.** I always look forward to hearing from you.

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A blue ink handwritten signature, appearing to be 'Ben'.

Do you like the newsletter? Forward it to a friend or colleague!



I've opened a small, quiet online space called **Safe Haven- a community within Mastering Recovery.**

It's not a program or a discussion group. It is a quiet space for steadiness, reflection, and room to breathe in long-term recovery.

If you're curious, you're welcome to step in and see if it feels like a fit.

**LINK**

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I partner with



**The Center of  
Addiction and  
Faith.**



**Relevant Recovery.**

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**Barry Lehman**

2370 Lexington Ave. S

Mendota Heights, MN 55120

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