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Mastering Recovery

Rooted in the Steps

Recovery Capital

With Barry Lehman

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Assets Aren't Museum Pieces



Assets for recovery do not belong in a museum or locked away out of sight.

Capital comes from investing assets so they are ready to be used when needed..

- A relationship becomes recovery capital when I call the person.
- Musical ability becomes capital when I play.
- Community becomes capital when I participate.
- Experience becomes capital when I draw upon it.
- Faith becomes capital when I trust.
- Resilience becomes capital when something goes wrong and I keep moving.

Assets aren't just things I possess. They're resources I can put to work.

🌈 That's Only the Beginning- Of Course!

A couple weeks ago I really wanted to pay attention at my regular Monday afternoon meeting. It's my home meeting. It is always a place to gain wisdom and insight.

I even warned my friends when I walked in.

- "If you see me not paying attention. It isn't you.
  "I left my hearing aids at home."

I own the hearing aids. They are unquestionably an asset.

They weren't particularly productive sitting at home.

And look at how they impacted all the other assets.
The meeting, the people, the accumulated wisdom, and my desire to learn were all there. I had everything I needed except the ability to hear them properly.

But they were all challenged because I was careless in maintaining one asset.
I had **accumulated** the asset.
It just wasn't **available.**
And therefore it couldn't be **productive.**

...🌿 Living Recovery

There's even a larger Recovery Capital point hiding underneath it:

sometimes the problem isn't that we lack resources.

Sometimes we aren't using—or can't access—the resources we already have.
Sometimes I forget what I have.
Sometimes I forget to use it.
And sometimes I hold on so tightly that I forget what it was for in the first place.

Not every problem needs to become a lesson of course, but recovery increasingly gives me something to work with when life happens. Sometimes forgetting my hearing aids is simply forgetting my hearing aids.

Which brings me to something we discovered in our most recent MasterClass.

The person in the class knows finance and got the idea quickly. He pointed out that there's a difference between capital and operations.

Capital is what I've accumulated. Operations are what I'm doing today.

That sounds suspiciously like one of my favorite questions:

What can I do today to strengthen my recovery for tomorrow?

The things I do today help maintain, use, and sometimes add to what I've accumulated over the years. But here's something else.

What I do today doesn't necessarily look like what I did 38 years ago.
Not because I've graduated from recovery.

But because I'm not working with the same capital I had then.

And something else happens over time. My friend in the Master Class called it *compounding interest.*

Experience doesn't simply pile up. It changes how I understand and use what I've learned.

Hope at two years sober isn't quite the same as hope after 38 years of living, learning, making mistakes, building relationships, and discovering what recovery makes possible.

Recovery Capital doesn't just accumulate.
It matures.



My MARRCH presentation will be next Tuesday morning, Oct 27 at 8:00 AM.

From Maintaining Recovery to Living Recovery:
Helping Clients Build a Sustainable Recovery Life

We will explore Recovery Capital along with *hope, practice, and connection*. How do we help our clients (and ourselves) move into long-term recovery*?*

🌿🌿 Strengthening Recovery:

What recovery asset do I already have that I'm not using?
A person I haven't called?
A practice I've neglected?
Something I learned years ago?
A community I haven't shown up for?
Something as ordinary as remembering the damn hearing aids? 😄



“Experience is the name every one gives to their mistakes.”

— Oscar Wilde, *Lady Windermere's Fan*

🔶 A Closing Thought

What are we recovering for?
Why do we still do it and keep building the capital?

Look at your assets and Recovery Capital this week and think about how you might answer those questions for your life today!

Maybe it gives us room to live and room to move.



The next *MasterClass* is in two weeks.

Wednesday, Nov. 4 at 12:00 pm CDT.

Master Class
With Barry A. Lehman

I'm interested.

🌅

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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