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Mastering Recovery

Rooted in the Steps

Recovery Capital

With Barry Lehman

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Room to Live... Room to Move



Last week we did a (very) brief dive into finances and assets. We talked about how what I do today can maintain, use, and sometimes add to what I've accumulated over the years.

We even talked about compounding interest. Over time, experience doesn't simply pile up. It changes how I understand and use what I've learned.

Sometimes, though, 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.

Which makes me as what am I accumulating all this for?

🌈 That's Only the Beginning- Of Course!

Not merely to maintain the recovery we've achieved.
STABILIZE → MAINTAIN → LIVE

We stabilize because we need a foundation.
We maintain because what we've gained matters.
We live because that's what recovery makes possible.

And these aren't stages we graduate from. We continue stabilizing and maintaining parts of our lives even as we live more fully.
Early recovery may necessarily involve quite a bit of structure:
Do this. Don't do that. Go here. Call this person. Follow this plan.

Stabilization sometimes needs narrowed choices.
But surely the purpose isn't to remain forever in a smaller life in order to protect recovery.

This weekend I will celebrate 38 years of sobriety.

In 1988, I needed to learn how to stay sober. I needed structure, direction, and people who could help me find my way.

Today, 38 years later, I still need recovery. But I also want to discover what recovery makes possible.

Not simply what might go wrong.
What might go right.

I can now explore a question I may not have had the strength or desire to even ask before. As sobriety grows, we move from:

How do I stay sober? to
What am I recovering for?

Recovery Capital isn't valuable because having lots of recovery assets earns us a good score.

It gives us room.

...🌿 Living Recovery

Room to choose.
Room to risk.
Room to connect.
Room to create.
Room to serve.
Room to make mistakes.
Room to change.
Room to enjoy ourselves.

Room to live. Room to move.

[Those of you of a certain age may now have a
John Mayall harmonica riff running through your head.

You're welcome. 😂]

Room to move doesn't mean I can do anything I want without consequences. It means I have developed the resources to make choices, take risks, recover from mistakes, and keep moving. Recovery Capital expands my range because I've developed resources for navigating that range.

The more resources I have available—the relationships, experience, resilience, self-awareness, faith, creativity, coping skills, community, ability to ask for help—the more freedom I have to encounter life without everything threatening my recovery.

🌿🌿 Strengthening Recovery:

What can I do today because of recovery that I couldn't do before?



Tell me, what is it you plan to do with
your one wild and precious life?

— Mary Oliver, *The Summer Day*

🔶 A Closing Thought

The question isn't simply how much Recovery Capital I've accumulated. It's what kind of life that capital makes possible.

Using my Recovery Capital, what am in recovery for?

The next *MasterClass* is next week:

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



Save my spot.

The Beyond Sobriety Master Class is a conversation, not a lecture. I bring a topic and some prompts; you bring your experience, questions, ideas—or simply yourself.

There's no preparation needed and no requirement to speak. Come join the conversation about what it means to keep growing in recovery.

🌅

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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