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Mastering Recovery

Rooted in the Steps

Recovery Capital

With Barry Lehman

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Do We *Have* to Talk About Recovery?



Well, as often happens, things connect when not expected. I was having coffee with a friend in recovery when he began by saying something that sounded remarkably familiar.

“We need some time away from the program.”

He went on, speaking of some friends he knows.

Other people go out for drinks, relax, laugh, and talk about whatever comes up. People in recovery go out for coffee—and somehow end up discussing the program. Why can't they go out and get together without an agenda?

We rambled around the question with what I have written here. We ended up with building a life where not everything is about recovery- but recovery is at the heart of everything.

🌈 That's Only the Beginning- Of Course!

Why can't two friends simply enjoy being together?

They do. For people in recovery it’s about the difference between getting away from recovery and getting away from talking about recovery.

Those aren't the same thing.

When two people in recovery enjoy coffee together, talk about music, laugh, share stories, or simply enjoy each other's company, they're not necessarily

taking time away from recovery.

They're enjoying a life recovery has helped make possible.

Last week, we talked about close relationships when the significant other was saying:

I'm glad you're sober. When do we get to enjoy being together?

This week is asking something similar:

Can't we just enjoy being together with others without having to make recovery the agenda?

...🌿 Living Recovery

What are we actually sharing?

Recovery is at the heart of our friendships, but it doesn't have to be the subject of every conversation.

Recovery doesn't have to be everything we talk about. It's already part of everything we bring to the conversation.

And what do we bring?

Experience. Humor. Compassion. Curiosity. Friendship. The capacity to listen. The willingness to be present.

Those are recovery assets.

They're also qualities of a meaningful friendship.

Recovery isn't simply something I maintain. It's something I live.

🌿🌿 Strengthening Recovery:

Where in my life am I already enjoying the gifts of recovery without needing to call them recovery?



Sometimes the best recovery conversation is the one where we forget to talk about recovery.

— Mastering Recovery

📍 From a MasterClass Conversation

A conversation in November's MasterClass reminded me that what nourishes recovery changes over time.

What helped us grow ten or twenty years ago may not be exactly what we need today. Our abilities change. Our relationships change. Even the ways we serve others may change.

We talked about the familiar expression,
“Take what you want and leave the rest.”

Perhaps there's another way to look at it:
Take what nourishes you today.

What doesn't nourish you now may be just what you need next month.

Recovery isn't about repeating yesterday forever. It's about continuing to grow with the life we have today.

🔶 A Closing Thought

Maybe the greatest gift of recovery isn't simply what I've learned or accumulated.
Maybe it's the people I can share my life with—and the life we can share together.



The next *Beyond Sobriety Master Class* is

Wednesday, December 2 at 12:00 pm CDT.



I'm interested.

The *Beyond Sobriety Master Class* is a conversation, not a lecture. Just bring your experience, questions, ideas—or simply yourself. It's free and open to all.

🌅

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