

Mastering Recovery

Rooted in the Steps

Recovery Capital

With Barry Lehman

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Counting Calories or Living Recovery



Last week I had the opportunity to explore ideas with colleagues at the MARRCH conference. Some of you reading today were there. Welcome! You've arrived at an interesting point in our ongoing conversation.

We've spent the past several months exploring how recovery grows through hope, practice, connection, and the resources we accumulate along the way. But the question that keeps bringing us back is:

What are we recovering for?
Am I so busy working on my recovery that I forget to enjoy the life it's giving me?

🌈 That's Only the Beginning- Of Course!

A couple weeks ago, someone at my Saturday meeting commented on how hard they'd been working the program. They added a bit of advice from their sponsor. “You know, you don't always have to be working and thinking about recovery. Relax.”

At first I kind of wrinkled my nose at it. I hope no one was watching me- it probably looked like a sneer. Hey, that’s not exactly what I've been trying to say with long-term recovery.

Talk about self-importance.

A couple days later I was doing some research on healthy diets for older people.
(*I was doing it for a friend.*)

Somewhere in the middle of all that diet research, I remembered my Saturday sneer.

And realized something.

I don't always think about recovery either.
In fact, I've been saying for years that recovery becomes a way of life, not simply something we work at. The principles become part of how we live.

If I’m constantly thinking about it?
That sounds like controlling it, not letting it live.

Recovery is present in how I live, the choices I make, the people I spend time with, the music I play, the ways I respond when something goes wrong.

...🌿 Living Recovery

Recovery isn't another diet to manage

- How many calories of recovery do I need today?
- Am I getting enough recovery protein?
- How much recovery fiber should I have?
- Did I exceed my recommended daily allowance of meetings?
- And if I miss a meeting, do I have to double up tomorrow?

That's funny.

But it also reveals something serious.
We can become so focused on measuring our recovery that we lose sight of what those practices are meant to support.

Just as the purpose of eating well isn't to become an expert calorie counter, the purpose of recovery practices isn't to become an expert at performing recovery.

It's to develop and sustain a healthy life.

I don't have to think about recovery every minute to be living in recovery every minute.

🌿🌿 Strengthening Recovery:

Where am I already living recovery without consciously thinking about it?



Calories are tiny creatures that live in your closet and sew your clothes a little tighter every night.

— Anonymous

🔶 A Closing Thought

I don't want to stop paying attention to my recovery.

I want to recognize how deeply recovery has become part of my life.

Next week, we'll look at what a healthy recovery diet might actually include. And yes, I've been wondering whether there's such a thing as recovery junk food.



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