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What If the Plateau is Part of the Path?

What I'm Thinking



Last week, I shared why *Mastering Recovery* is shifting—moving deeper into long-term recovery, not away from the 12 Steps, but forward through them.

This week, I want to pause on a place many of us find ourselves after a few years in recovery:

- The plateau.

You've done the work. You're showing up. Life is a lot more stable than was. So things feel a little still.

Not bad. Not broken. Just quiet.

And maybe a little uncertain.

It's not what we were used to. It's part of the journey of recovery.

What the *is* the long arc of recovery?

It's the stretch of time where the urgency fades and the growth can deepen. It's where the milestones aren't always visible—but the roots are going deeper.

In the beginning, recovery is loud. It's full of firsts, breakthroughs, and hard-won clarity. Those first two years? No, I don't want to do them again!

But over time, it shifts. It becomes quieter, more interior. Less about avoiding collapse—and more about shaping a life that holds meaning.

That's where plateaus come in. They're not detours. They're resting places. They offer space to look back, breathe, and ask honest questions about what matters now.

Too often, those of us with a history of substance use still expect life to always be chaotic, dramatic, or driven by urgency- you know, like it used to be. We've learned to function in crisis. It's what we know. It fueled our substance use.

But recovery doesn't unfold that way—not in the long run. It's not all turning points and breakthroughs. It's a journey. A slow, unfolding arc. And the plateaus? They're not failures. They're where we rest, catch our breath, and begin to notice just how far we've already come.

In this pivot—this next season of *Mastering Recovery*—I want to honor those quieter stretches. The ones where the real work happens in stillness, not struggle.

Where in your recovery have you mistaken quiet for stuckness?

Could this be a season of ripening—not regression?

If you haven't yet downloaded the new mini-guide, it offers three mindset shifts that can help bring new life to familiar tools—especially during quiet seasons of growth.

How to Grow with the 12 Steps, Not Outgrow Them

Inside, you'll find three mindset shifts to help you engage with the Steps creatively, spiritually, and personally—even after the early structure feels too familiar.

 [\[Click here to download the guide\]](#)

If you've ever wondered what recovery could look like beyond the plateaus—this is a good place to start.

Remember, this isn't about leaving the Steps behind. It's about walking with them—and growing as we go.

Closing Thought:

Next week, we'll return to the foundation—not as a reset, but as a return. Not to start over—

But to start deeper.

Until then, let the plateau hold you. The next step will come.



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✓ Taking a Step Beyond

***The shortest distance between two points
is under construction.***

— Noah benShea



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