

#4.48- June 18, 2025



Why Foundation Still Matters

What I'm Thinking



I know I've spent the last few weeks circling around ideas—playing with metaphors, digging into the deeper structure of recovery, and maybe (to some of you) sounding a little too “head in the clouds.”

You may have even thought:

OK, Barry, get to the point.

And that's fair.

Well, here it is:

- The point isn't to leave the 12 Steps behind.
- It's to build on them—intentionally, creatively, and with others.

The shift in *Mastering Recovery* is about more than reflection.

It's about **readiness**.

It's about stepping into the later stages of recovery with energy and clarity—not just to deepen our own journey, but to reach outward with what we've learned.

Next week, I'll start showing you what that looks like—in real, practical terms. *Promise!*

But this week?

This week is where we stop on the plateau and say:

Before we build the next stage, we shore up the ground beneath us.

In long-term recovery, there comes a time when the basics feel... well, basic, almost natural.

They've become part of who we are because:

- We've done the Steps.
- We've heard the slogans.
- We know the drill.

That's why, over the past month, we've looked at the quieter shifts that happen once the early intensity fades.

- We've explored plateaus—not as problems, but as part of the path.
- We've asked what it means to grow *with* the Steps, *not* outgrow them.

If we're really paying attention, we realize these are the blocks of the foundation that never stop mattering. They are essential to the ongoing living in recovery.

We're now in a place where we can see it clearly enough to build on it.

And so we return—intentionally—to the foundation.

Not because we've failed.

Not because we're starting over.

But because what we build next **needs to be strong**.

When the next storm of your life hits—and it will—it's not some clever new insight that will hold you.

- It's the deep habits,
- the relationships you've invested in,
- the quiet principles that have carried you all along.



**You don't build your foundation in the middle of the storm.
You build it so you're ready for it.**

Recovery, at this stage, isn't self-protection.

It's about **readiness**—for growth, for service, for purpose.

Here then is the shift in *Mastering Recovery*:

This next season won't just be about reflecting on the past.

It will be about reaching **forward—and outward**.

It will be about exploring how the foundation prepares us to show up fully—for our lives, for others, and for what's next.

Returning to the foundation with humility isn't a step backward.

It's what allows us to move freely, creatively, and responsibly—without forgetting what holds us.

So take this time, as we prepare to move into new growth, new wonder, and new adventures in recovery.

Reflection Prompt

What part of your foundation do you need to strengthen—not because you're struggling, but because you're ready to build?

Because today is not as good as it can be.

You ain't seen nothing yet.

Next Week...

We'll preview what's ahead in Year 5 of *Mastering Recovery*—and how this solid foundation will carry us forward, together.

Until then—stand on what holds you.



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✓ Taking a Step Beyond

In the beginner's mind there are many possibilities,
but in the expert's there are few.

— Shunryu Suzuki



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