

Mastering Recovery

A Newsletter on Long-Term Sobriety



#15 -- October 13, 2021

Choices

A range of different things from which one can select.

What I'm Thinking

I hate this disease.

It undermines people's lives. It can end relationships and take away our ability to act in our own interests. Just when you think you understand it, it takes a turn and goes down a new path with new rationalizations, denials, and illogical powers.

I hate watching others as their disease relapses. I shudder when I see someone fall into stinking thinking, emotional and mental turmoil, or finally going back to using.

It will take away our ability to make healthy choices. It will make us powerless. I have often seen it do that while the person caught up in it believes- beyond a shadow of doubt- that they are making the choice. They believe they are still in control.

It is truly, cunning, baffling and powerful! Anger is an appropriate emotion. After all, we all want to have a say in how we live life; we all want to make our own choices.

Mastering recovery is the reminder that I must not lose hope- for others or for myself. Unlike when the disease was active, our lives are no longer out of control. When I move from abstaining into being sober, and then to living in recovery, choice is returned. It is a slow process. It takes time and plenty of practice, feedback, and self-awareness. It is worth every minute.

A handwritten signature in blue ink, appearing to be 'Ben', located at the bottom left of the page.

Facing Challenges - Building Recovery

- *Observe your emotion.*
- *Recognize that you are not your emotion.*
- *Do not necessarily act on the emotion.*
Often, acting can intensify and prolong the emotion
- *Practice acceptance*
Acceptance and approval are two different things.
- Find healthy coping skills
 - Talking with friends
 - Exercising
 - Writing in a journal
 - Meditation
 - Noticing when you need a break—and taking it!

Above adapted from

[Positive Psychology- Emotion Regulation Ideas](#)

[Radical Acceptance Worksheet](#)

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Picture of the Week



Good Choice

Especially if they are your inner alligators.

Have You Seen This?

A gym in southern Colorado is helping people exercise sobriety. The local station KOAA had an interesting report.

[KOAA News report.](#)

Quote of the Week

You cannot be lonely if you like the person you're alone with. —

Wayne Dyer

Book Update

There is an audio version of ***Mastering Recovery***. It is on [Audible](#), [Amazon](#), and [Apple Books](#).

[Link at Audible](#)

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