

Mastering Recovery

A Newsletter on Long-Term Sobriety

#16 -- October 20, 2021

Follow Your Path

Your path is where you find the ability to flow.
Flow is where you are balancing skill and difficulty.
The result will be a greater awareness of your directions.

Stop by my Book Table booth at the
MARRCH Conference in St. Paul.
Next week - October 25-27.

What I'm Thinking

Sometimes I get lost in time. I get involved; I lose track of what I am doing; time flies. When that happens we call it being in a state of "flow." To get there you discover that place where your skills are in a good balance with the difficulty of what you are doing.

I would love it if my life was one constant experience of flow. Think about the feeling of wonder and awe to be in a state of flow; to be lost in time as I go through each day.

But it can never be the way we live all the time. That is my hijacked brain still making decisions that wants that "high" so I don't experience the "lows."

But flow can be an important part of life in long-term recovery. It can happen when immersed in an activity or are being creative. It occurs when fun and challenge are balanced between anxiety (when the task is way too hard) and boredom (when the task is way too easy.)

Flow is intrinsically rewarding. Flow is not long-lasting, but it is good, in and of itself. When we find something that can get us into flow, we are further motivated to do it more.

For long-term recovery to be fulfilling it has to be good, in and of itself. If the things we do in recovery provide us opportunities for flow, we are going to be working on them, retraining the brain with different neurochemical balance, and the old cravings will be decreased.



Facing Challenges - Building Recovery

Nine steps to achieving flow and happiness. This list is taken from the website [Zen Habits](#). It is about finding flow at work, but the ideas apply to every day life. There are explanations for each of these at the link.

- **Choose work you love.**
- **Choose an important task.**
- **Make sure it's challenging, but not too hard.**
- **Find your quiet, peak time.**
- **Clear away distractions.**
- **Learn to focus on that task for as long as possible.**
- **Enjoy yourself.**
- **Keep practicing.**
- **Reap the rewards.**

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Picture of the Week



The Color of Life

Flow may simply be following the seasons and the times we are in and looking for the joy in each new day.

Quote of the Week

In the Big Book, it states "we do not have the luxury of a negative thought." I remind myself of this every day. As an alcoholic a negative thought held onto can lead me to drink. So I want to avoid that thought.

Sobriety of the Mind and Body by Jackie Monahan

[The Fix](#) 03/05/21

Tools and Resources

[Harvard Medical School Guide to Tai Chi](#)

[An Introduction to Tai Chi](#)

[Tai Chi for Beginners and the 24-Forms](#)

[Daily Tai Chi with Don Fiore](#) (YouTube)

[Learn Tai Chi and Qigong](#) (Don Fiore Website)

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Thank you for the support!

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## Book Update

Next Monday through Wednesday (October 25-27) I will be at the Minnesota Association of Resources for Recovery and Chemical Health (MARRCH) annual conference in St. Paul. I will have a book table there and will be doing a presentation on mastering recovery on Wednesday after lunch. If you are attending the conference, stop by my table and say "Hi!" I love to visit and talk about what all this can mean. (I will also have books for sale at a special conference rate.)

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