

# Mastering Recovery

A Newsletter on Long-Term Sobriety



#20 -- November 17, 2021

## Special Announcement

The interview I did with Duane Osterlind at the *Addicted Mind Podcast* is online.

[Here's the link to listen.](#)  
(or wherever you listen to your podcasts.)

Thanks, Duane! That was fun!

By the way, what podcasts do you listen to that might be good for me to approach about Mastering Recovery? [Let me know.](#) Thanks.



## Practicing Gratitude

Mastery is found in deliberate practice.  
Make gratitude a year-round discipline.

## What I'm Thinking

*I know it sounds strange to think that we might have to practice a feeling. Gratitude seems like "more than a feeling." It is something that we have to learn how to do. Most of us know that we are born quite selfish. Not a surprise, actually. We have to be that way if we are to let those around us know what we want. As infants we were incredibly self-centered. Some of that comes from being powerless.*

*We have to learn how to say thank you, and not just assume it is what owed us. Most of us have probably experienced a parent or adult figure in our life reminding us to thank another adult when they have given us something. It became a chore, then it became a memory, then it became habit.*

*We call that practice.*

*When I got sober I had to learn that all over again. Not that I didn't say "thank you" when someone did something for me; I had to learn to be aware of noticing things around me to be thankful for. I was told that to develop an "attitude of gratitude" would help me stay sober.*

*Yet, we are much better at acting our way into new ways of thinking than trying to think it through. Doing it- practicing it- is one of the better ways to develop new skills, new attitudes, new disciplines that make life a lot more positive.*

Even if you don't consider yourself a negative person, you will be amazed at how practicing gratitude changes who we are.

*I will never master being grateful; but I can get closer every day.*



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## **Facing Challenges - Building Recovery**

Don't make it any more complicated than it has to be. (Who me?)

The old tried and true daily gratitude journal is still at the top of the best practices list.

- List five a day.
- Don't repeat gratitudes for a week.
- Take a day each week and list the *people* you are grateful for in your life.
  - Write them a note just expressing your gratitude for them and wishing them well.
- Do this for two weeks.
- Take an inventory of your gratitude levels and where you still might be having trouble being grateful.
- Share the gratitude.
  - Talk with a mentor, sponsor, friend about what you've been doing.
- Go back for another two week gratitude sprint.
- Practice, practice, practice.

*Next week- going deeper into gratitude practice.*

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## **Picture of the Week**



**Sometimes it's the little things!**

**Gratitude helps us look a little closer at what we never even knew was there.**

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## Quote of the Week

I'm a strong believer that you practice like you play—little things make big things happen.

- Tony Dorsett

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## Have You Seen This?

Kenny Dunn took to Instagram a couple weeks ago to share photos of himself 24 hours after he quit drinking versus now. He described his journey with exercise as 'one of the most spiritually enlightening experiences' of his life. It's a great reminder of what substances can do to us, and how we can truly become different people!

[Link](#)

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## Tools and Resources

More to work on the practice of gratitude.

[Think Like a Monk](#)

Jay Shetty

[Wake Up Grateful](#)

Kristi Nelson

[Grateful: The Subversive Practice of Giving Thanks](#)

Diana Butler Bass

[Empower Your Gratitude](#)

Scott Allan

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