

# Mastering Recovery

A Newsletter on Long-Term Sobriety



#26 -- December 29, 2021

## No Regrets- Doors Open

### Quote of the Week

We will not regret the past, nor wish to shut the door on it.

-- Alcoholics Anonymous

### What I'm Thinking

*I put this week's quote at the top.* It's an important one, especially on the last Wednesday of a year. Lots of things happened this year, good and bad, memorable and things we want to forget. There was joy and sadness, hope and frustration.

*In other words it was a year of life.* That quote from the Promises in the AA Big Book is a good mantra to keep in mind for the rest of the week. I can wish I did some things and not done others. I'm human.

*That's why I have all different ways of taking my inventory.* I don't make New Year's Resolutions, though. I try to be at least a little realistic, knowing that I will not get everything done. But to take the inventory gets me started. One of my methods is in the next section below. Personal awareness, mindfulness, starts from knowing our strengths and weaknesses, learning from them, not denying them. (Yes, we can easily deny our strengths as well as our weaknesses.)

*Be honest and willing to pay attention.* Don't make any judgements or decisions yet. Just take the inventory and settle back to be grateful for what you have experiences this year. There's a lot more of that ahead.

**Happy New Year, everyone.  
See you in 2022.**

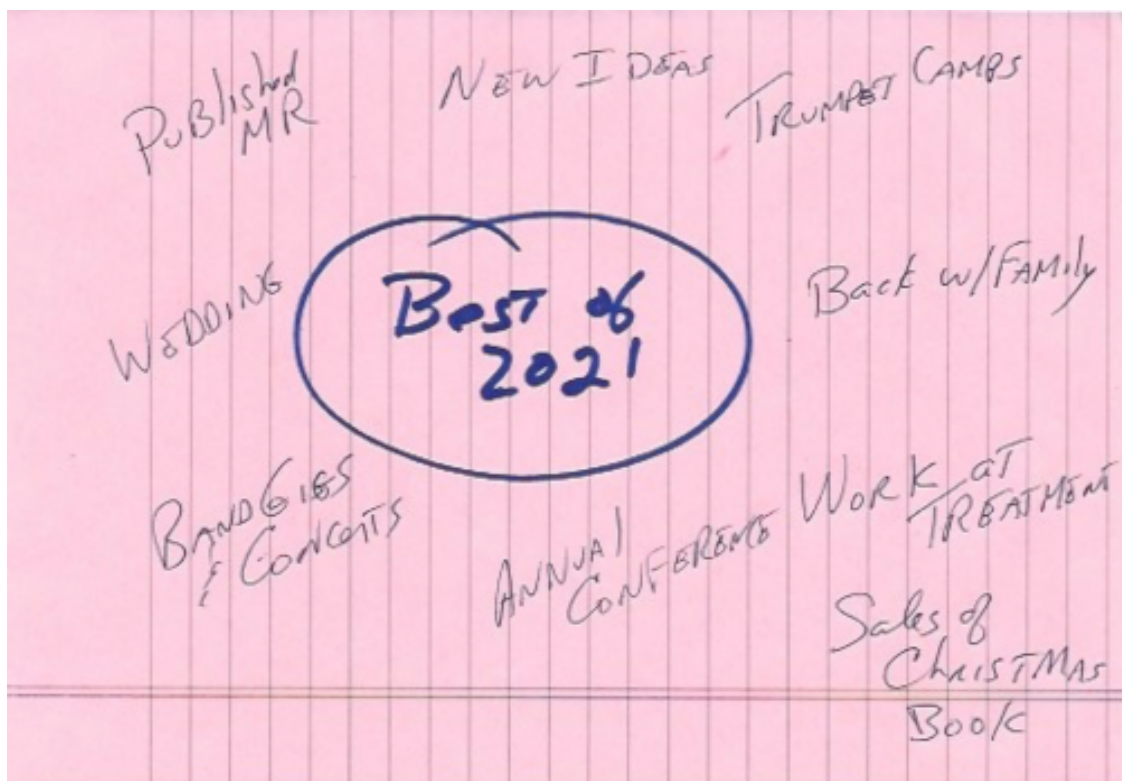
A handwritten signature in blue ink, appearing to be 'Ben'.

**Facing Challenges - Building Recovery**

I like making inventory lists, or variations on them. Sometimes I make a mindmap (or a brain-dump) instead. I will probably do one of two end-of-year inventories in the next couple days. They will probably both contain the same information. One will be a list the other a wild and varied mindmap. I'm leaning toward a mindmap at the moment, so here's what it could be like.

- In the center of the page I will simply write "The Best of 2021" and circle it. That's the focus.
- I will then take a minute or so to just settle in on remembering the good stuff from the past year.
- I will then just start writing words that come to mind about the best things from my past year. I will limit myself to about 10 minutes, pausing to think back through the year.
- Then I will do one with "The Rest of 2021." These were the things that didn't go as I had planned, the sadnesses, the disappointments, the outright failures. Again just taking 10 minutes and scribbling around the page.

Here's an example of the first one.



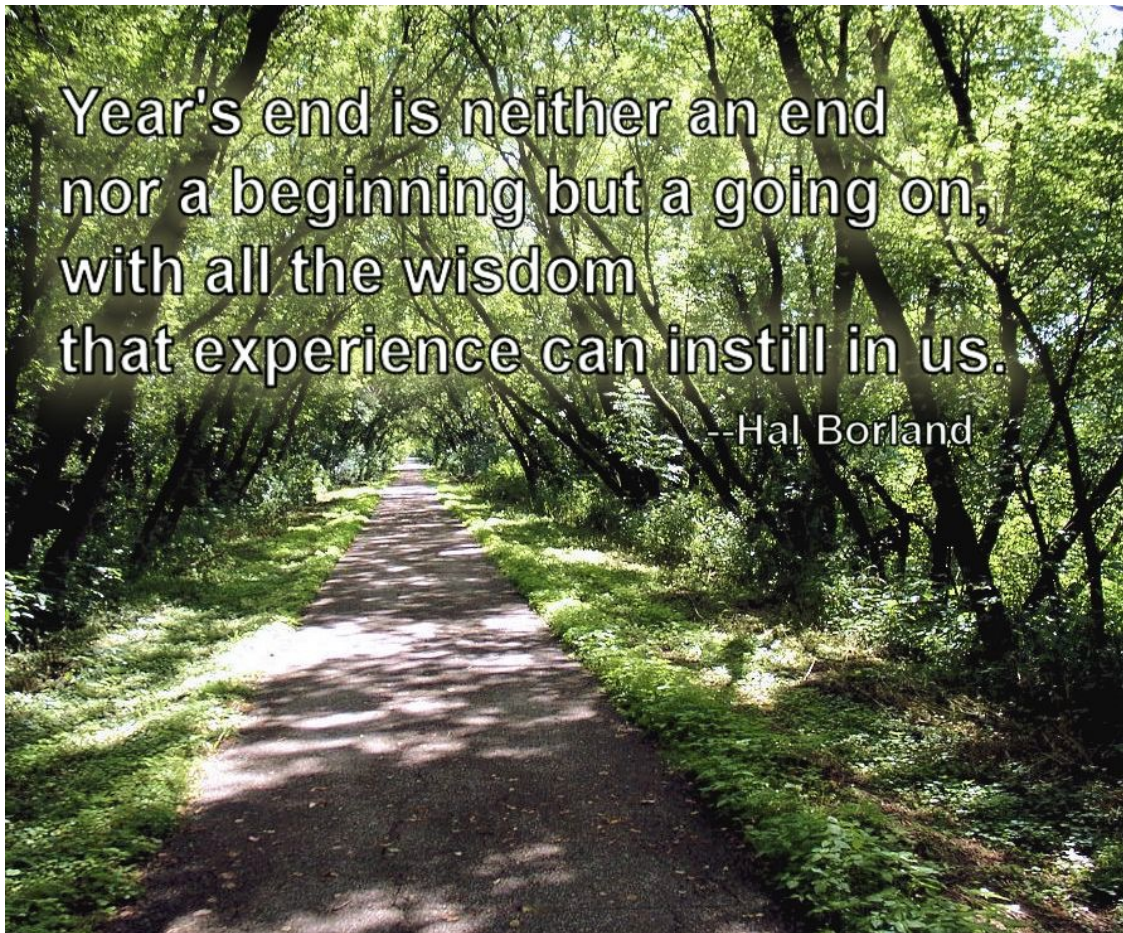
- Perhaps take a different color pen if you are more visually oriented like I am. Then go through and make notes around the things listed, about what the skills or reactions were that helped, or the ones I was missing. Do this on both mindmaps.
- Spend a few minutes in quiet reflection or meditation. Then set them aside until next week. Let the thoughts and ideas settle. Take your time.
- Now enjoy the end of the year.

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## Picture of the Week



**Happy New Year**

Keep on keeping on.  
It is a flow.

Keeping it short and focused this week. Find extra time to spend in gratitude, hope, and joy. Find one thing each day that you can do to grow and expand your recovery for the next.

Any thoughts? Feel free to [email me.](#)

**Barry Lehman**

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