

# Mastering Recovery

A Newsletter on Long-Term Sobriety

#27 -- January 6, 2022

Happy New Year.

With the holidays I am a day behind. Here is this week's newsletter.

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## What Are You Going to Do?

Not more New Year's Resolutions?

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### What I'm Thinking

*Nope. This isn't about making resolutions for the new year. We all know how that works. Talking to a trainer at a local gym last week, we commented on how busy the place is going to be this week. Everybody wanting to use the simple flip of a calendar page as if it had a magic ability to get us to do something we haven't been doing. We might even try some word games, calling them goals or hopes. But adding one more number to the old year won't do it.*

*So what will?*

*Simple answer; tough actions.*

*The path of mastery comes to mind. Yes, I am biased. I have spent a great deal of time in the past year studying, reading, talking, and writing about the topic. I know it's power; I know it works.*

**Mastery-** getting better at something important.

**Autonomy-** knowing I have the ability to make choices and the skills to start the process, no matter how small.

**Practice-** the deliberate actions needed to develop the skills with honest, deliberate mindfulness, self-inventory, and critical feedback from others.

**Meaning and Purpose-** found in living the principles and values of recovery in all that I do.

*It's not magic or a simple solution. If something is important, enjoyable, and filled with hope and purpose, we will stay motivated. We end up doing it because we want to get better at living recovery.*

*I've been doing this newsletter since July. The book is launched, and there is a three-week journal workbook. I am working on developing the greater program of mastering recovery. Publishing the book was a start. Stay with me. There is a lot more to come. I am excited by the journey ahead. We've only just begun.*



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## **Facing Challenges - Building Recovery**

One of the biggest single obstacles to building a long-term recovery program is the feeling that I just don't know if I can do it. After two-or more years of sobriety, the time will often come when we say to ourselves, "Is there more to this than just not using?" The cravings are minimal, but the mental and emotional triggers still show up. We know that we don't want to use, but the bright and shiny "newness" of sobriety is a little less shiny.

This may happen at two-years or twenty-two years. It can be called "getting stuck." It happens. But it is not a reason to give up. It just means you are ready to make some new moves in directions that are open to you.

The next three-weeks I will focus on some ways to get "unstuck." Like sobriety itself, it begins with admitting it's where we are. If that is where you are today, that's okay. Just be patient, the best is still to come.

[By the way, if you know someone in that position of "being stuck," Forward this newsletter to them or talk to them about it. It may make all the difference in the world for both of you.]

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## **Picture of the Week**



## Be Focused

Watchful  
Mindful  
Aware

It's all about your recovery.

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## Quote of the Week

Getting sober is a radically creative act.  
- Meredith Bell

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## Tools and Resources

Last week I talked about doing a year-end inventory. When we do that we can discover that we need some resources, tools, or skills that we may not have available to us.

As I look to the new year I wonder what I can do to help? I would like to have the ideas and path of mastering recovery expand into support, online courses, webinars, others you may need. Remembering that this is about long-term recovery beyond the first two years, I look to you today:

- What tools and resources might you need to move your recovery deeper in 2022?
- How can I help you?
- Would you be interested in
  - a webinar
  - a 4-week online course
  - a two-month online support and coaching group?

I'm exploring different possibilities and am asking if there are some things that you would want to see as part of mastering recovery.

Please let me know. [Email Me](#) with ideas or questions and watch for more information in the next month.

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