

Mastering Recovery

A Newsletter on Long-Term Sobriety

#28 -- January 12, 2022

Getting Unstuck #1

Getting to the heart of the matter.

What I'm Thinking

*I've been working over the past two weeks on a short eBook to deal with the problem of being "stuck" in long-term recovery. I have always used *hungry, angry, lonely, and tired* (HALT) and *restless, irritable, discontent and bored* (RID+B) as markers for stuckness that could lead to relapse. For those of us in long-term recovery, we can see these as indications of emotional or mental relapses. They are spot on!*

I wondered, though, what the underlying concerns of these famous issues could be. Since any and all problems can have a spiritual meaning, I started with what the spiritual issue is and then expanded on that. Here's what I came up with for a first draft.

HALT and RID+B

- **Hungry or Restless**
 - **Spiritual uncertainty; meaning and purpose is lost; feeling empty; hunting and searching.**
- **Angry or Irritable**
 - **Spiritual disconnect from others; resentments; not feeling appreciated; feeling attacked, put down, or excluded.**
- **Lonely or Discontent**
 - **Spiritual disconnect from others; isolation; self-esteem concerns; feeling ignored.**
- **Tired or Bored**
 - **Spiritual apathy or fear; self-care; sleep issues (too much/too little); overworking; lack of energy; seeking escape.**

This only scratches the surface of these concerns. At the same time it can be a great starting point for finding out what we need to do to move from our being stuck. Don't ignore these. They are your entry point into continued growth in recovery.



Facing Challenges - Building Recovery

Celebrate and Set New Goals

Listening to a leadership and coaching podcast yesterday, one of the coaches explained the process they use as simply "celebrate the wins and then ask 'what's next?' " A perfect description of what I often suggest as a starting point. If anyone is still sober after more than a couple years, they **MUST** be doing some things right. Even when one hits the proverbial wall, there are still things that must be good. Always start there.

That does not mean ignore the warning signs of HALT and RID+B. Start with a self-inventory. Look over that list above about the warning signs.

What are the top two signs that concern me? (Don't say "all of them." That avoids doing something about it.) This helps you figure out where you need to be looking.

- 1.
- 2.

Now, look at wins that can be celebrated.

What skills do I have that have worked well for me so far?

- 1.
- 2.
- 3.

What tools do I use regularly that have worked well for me so far?

- 1.
- 2.
- 3.

Finally, for this session, begin the "what next?" section. These will be the things that are underlying HALT or RID+B.

What are my current triggers and high risk situations that concern me?

- 1.
- 2.
- 3.

Be willing to admit that these concerns are real, and that you may very well be stuck. Step One always starts with admitting! You can't move on without it.

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Quote of the Week

Follow effective actions with quiet reflection. From the quiet reflection will come even more effective action.

- Peter Drucker

Tools and Resources

I value your feedback.

Can you help me expand Mastering Recovery by answering a few quick questions? It'll take 2 minutes

[Ok, I got 2 minutes](#)

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