

# Mastering Recovery

A Newsletter on Long-Term Sobriety



#29 -- January 19, 2022

## Getting Unstuck #2- Tools

It takes a toolbox of tools to get unstuck.

### Quick Survey: 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

1 of 5

### What I'm Thinking

*We all have probably heard the warning:* If the only tool you have is a hammer, everything looks like a nail. The same is true for sobriety. Perhaps the most common hammer is "Just say no!" more often described as "white knuckling it." That means just hold tight. Use willpower to defeat the cravings.

In [last week's newsletter](#) I looked at the HALT and RID+B symptoms of being stuck. If all we ever do is grab hold of sobriety and push harder, that's the only tool in our toolbox.

*That is dangerous. We will get tired of it all.* We may not go back to physically using (yet), but we will lose the experiences of being happy, joyous, and free. We need more tools- or at the least use the ones we have and that are just sitting in our toolbox waiting to be used in this new situation of our growth in sobriety.

Some tools to consider:

- **Abstinence** (also avoiding slippery places, stinkin' thinkin')
- **Acceptance** and **Gratitude** (gratitude list, serenity)
- **Community**, also known as a **Sober Support Network** (meetings, sponsor, mentor, friends)
- **Coping Skills** (a whole set of unique tools)
- **Goals** (making and working toward them)
- **Health** (balanced diet, exercise, sleep)
- **Healthful Hobbies**
- **Learning** (literature, videos, talks, therapy, classes)
- **Meditation** and **Mindfulness**
- **Personal Inventory** (ongoing self-awareness)
- **Self-care** (rest, recreation, relationships)
- **Service** (carrying the message, helping others, meaning and purpose)

*Even if we are not currently "stuck",* these are the tools we can use on a regular basis for keep from getting there. We used these to stay sober in the past. It's time to apply them again to move forward.



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## **Facing Challenges - Building Recovery**

(By now, many of you know the general routine I use for facing challenges and building recovery. I find it works really well at giving me insight. Basically it looks like this:

1. What's the problem?
2. What has worked before? (skills, tools, etc.) Celebrate them
3. What do I need to utilize to work on the problem?
4. Do it.)

This week let me look at how to begin to deal with being stuck. Last week I suggested that you look at your skills and tools and celebrate what has been working! What next is now to build on that. I said you should make a list of the three current triggers and high-risk situations that concern you the most.

- 1.

- 2.
- 3.

Now which tools above will be most helpful in the next week to address those triggers and high-risk situations?

- 1.
- 2.
- 3.

It's really that simple, though far from as easy as it sounds. What we all need to do is keep using our tools, finding new ones, then getting in the habit (discipline) of using them. Try that for the next week with any of your triggers or high-risk situations that might be concerning you.

- Remember- these triggers and situations may not be directly related to using. Be acutely aware of the ones that lead to mental and emotional relapse concerns. If you have more than two years of sobriety, that will be the first place your disease shows itself.

Go for it!

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## **Picture of the Week**



**Celebrate your joys**

Then figure out  
what's next.

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## Quote of the Week

A good tool improves the way you work.  
A great tool improves the way you think.

-Jeff Duntemann

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## Tools and Resources

What tools have you found helpful?

What resources have you discovered for your mastering recovery?

What are you looking for to help you.

Please let me know.

**Email Me**

with ideas or questions and watch for more information in the next month.

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