

# Mastering Recovery

A Newsletter on Long-Term Sobriety

#3 -- July 21, 2021

## For the Long Haul

How do you get into long-term recovery?

One day at a time.

### What I'm Thinking

*I have a love/hate relationship* with seemingly trite sayings. I love bumper-sticker quotes. They are short and to the point. They say what they need to say and get out of the way. Often, though, they can be used as shame-inducing attacks done in a tone that makes clear their intent. They can also be so sugary sweet that they have to carry a warning from your dentist.

*They have become trite* because they have a kernel of truth. Actually, they often embody great truth.

*One day at a time is one of those great truths* we hate to hear- or we use it as an excuse to do nothing. "Well, that isn't today so I'll just do nothing." In an age of "multi-tasking", the idea that I can only work on today seems old-fashioned. The great truth is that we can't multi-task. Our brains don't work that way. To get to long-term recovery is to simply add one day to what you already have.

*That takes focus.* Which produces mindfulness and awareness. Which allows us to see what we need to do and then begin to do it. That produces self-confidence that leads to discovering new skills and opportunities. In the end that often leads to finding meaning and purpose we didn't know we had.

*Yes, that sounds trite and cliched.* But it works if you get in the habit of doing it. It retrains the brain to work on what's important, instead of the next shiny new object off in the future. It allows you to get better at what you are doing. It is how you get to long-term recovery!

*And, yes,* you will be amazed before you are half-way through.



## Facing Challenges - Building Recovery

Think about that AA-based phrase **One Day at a Time**.

1. Do some journal-writing about the phrase. Answer a couple questions about it:
  - a. Name three things that you find helpful about the phrase and why.
  - b. Name three things that you dislike about it and why.
2. Think back over the day.
  - a. Name three things that you saw today that were unique and special.
  - b. What made them special or unique?
  - c. How would your day have been less interesting without them?
3. Plan to be aware tomorrow about what is unique and special.

*That's what mindfulness is all about. Slow down and see what's there.*

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## Picture of the Week



## Recovery Needs Beauty

Beauty and ugliness are around us all the time.

Which do you tend to see?

***Beauty is only skin deep*** or  
***Beauty is in the eye of the beholder.***

Take an extra five minutes today to find beauty where you may have never seen it before.

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## Have You Seen This?

Character actor Danny Trejo is 77-years old- and has been sober more than fifty years!

Fox News did a human interest story on him a week ago. There are a lot of famous people with long-term sobriety. It often helps others when they give even a little bit of insight from their own recovery path.

[Link to story.](#)

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## Quote of the Week

[This quote summarizes why I am publishing this book and developing resources to support long-term recovery.]

Recovery from addiction, a chronic, relapse-prone disorder is a lifelong dynamic process. While we know a great deal about addiction, we know very little about recovery.

Laudet, A. B., Savage, R., & Mahmood, D. (2002). Pathways to long-term recovery: a preliminary investigation. *Journal of psychoactive drugs*, 34(3), 305-311. <https://doi.org/10.1080/027910...>

## Tools and Resources

How do you get better at this One Day at a Time thing? One way is to develop a habit of mindfulness. Jon Kabat-Zinn is a good place to start for insight from the developer of Mindfulness Based Stress-Reduction. Here are two of his books.

[\*\*\*Mindfulness for Beginners: Reclaiming the Present Moment - and Your Life\*\*\*](#)

[\*\*\*Wherever You Go, There You Are\*\*\*](#)

There are a number of books on mindfulness and addiction recovery. I am not personally familiar with any of them at this point. A search on Amazon or looking for SMART Recovery would give you a starting point.

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Thank you for the support!

## Mastering Recovery Book Update

Well, the book has been at the formatter and should be back soon! Then it's a quick check of it, uploading to Amazon and ordering a proof copy. Finally it will be uploading to Amazon! The eBook and paperback versions are scheduled for release at the end of August! An audio book version for late September!

### Want to be part of the Recovery Book Launch Team?

Click the link below and enter your email on the sign-up page. There's information there and a brief timeline. Would love to have you on the team!

[Link to sign-up for the Recovery Book Launch Team!](#)

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