

# Mastering Recovery

A Newsletter on Long-Term Sobriety



#30 -- January 26, 2022

## Getting Unstuck #3:

Moving Forward - Expanding Recovery  
Building Your Lifestyle

*Whether you got this directly from me or had it forwarded to you- why not forward it to someone you think might be interested?*

### What I'm Thinking

- *Lifestyle:*
  - How you live your life.
  - Reflects your attitudes, personal values, preferences, and even world view

*The path of mastering recovery* helps us build a lifestyle that lives, and reflects recovery as the most important thing in our lives. Recovery becomes our core value, the standard by which we evaluate all that we do in our day to day lives. The Big Book of Alcoholics Anonymous in the 12th Step says it is to:

**practice these principles in all our affairs!**

*I've discovered, often the hard way, that anything outside a lifestyle based on recovery, can be a potential entry into mental or emotional relapse. When I forget that I have this biological, psychological, social, and spiritual disease, I am heading down a slippery slope. If I forget that I need to be aware of my growth and progress in all four of these areas, my recovery can be slowed, stalled, or even go in reverse. None of us is ever immune to it. I will never in this life be "cured." Which is something that just is.*

*Remember that "mastery" is "getting better at something that is important and matters to you."* The path leads us to be aware, often unconsciously, of how I can keep moving forward. What can I do today to strengthen my recovery for tomorrow? Will what I am doing help or harm by recovery?

A handwritten signature in blue ink, appearing to be 'Ben', located at the bottom left of the page.

## Facing Challenges - Building Recovery

What are the principles that are at the center of our lifestyle of recovery?

- Acceptance
- Hope
- Faith/surrender
- Courage
- Honesty/integrity
- Willingness/patience
- Humility
- Love
- Responsibility
- Discipline
- Awareness
- Service

Now:

1. Review the list.
2. Make note of ones you know are at the heart of what you need to do to maintain your recovery.
3. Knowing you can't remain stalled at where you are, pick the top ***two for you today***. Brainstorm/mindmap, what you can do in the next week to strengthen and grow that principle more fully in your life.
4. ***Make a plan for how you can do it.***

In February, I will highlight three of these each week for more specific ideas.

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## Picture and Quote of the Week



*The present moment is filled with  
joy and happiness.  
If you are attentive, you will see  
it.*

-Thich Nhat Hanh

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## Tools and Resources

### Coming this spring:

- I am working on both a short book and a webinar/challenge about getting unstuck and moving forward. I will keep you posted

As a subscriber to this newsletter I want to make sure you have access to one of the resources I have already developed. There is a link in the eBook version of *Mastering Recovery* to a free copy of a three-week journal for getting started. Here is a

**[Link to free eBook](#)**  
of the journal.

Also here is a

**[Link to purchase a paperback](#)**  
copy of the journal book.

Please let me know what you are t hinking. **[Email Me](#)** with ideas or questions and watch for more information in the next month about new things coming this spring.

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