

Mastering Recovery

A Newsletter on Long-Term Sobriety



#32 -- February 9, 2022

Don't Pray for Patience
God will make you wait.

What I'm Thinking

I had planned ahead with the above thought on patience. Little did I know that I would have my patience frustrated. We have been on the road for the past five days, and have been roundly frustrated with Internet connections. Nothing was working right after the first night. I kept getting more and more behind in what I was hoping to complete this week. Including this newsletter.

Frustration kept building as I got closer to the deadline for finishing this newsletter. I toyed with the idea of getting out a quick "Sorry, but the newsletter will be delayed." BUT in order to do that I had to get online and onto the email server, etc. These are the kinds of things that any person with a substance use disorder would use to at least be angry, irritable, and discontent.

Even after all these years of recovery it still can happen. It sneaks up on you and you're stuck. One ends up looking for ways out of it. (See previous paragraph.) So here I sit, finally on the night before so it can be ready to go out in the morning as usual. Take it easy, is one of the keys. Slow down, pay attention.

And it worked. You are reading this. It isn't the full newsletter I had planned. But as we have often heard, in order to make God laugh, tell God your plans.

A handwritten signature in blue ink, appearing to be 'Ben'.

Facing Challenges - Building Recovery

Last week I listed the first three of the twelve principles of recovery. The idea is to cover all twelve and give two self-inventory questions for making sure that we don't get stuck in our ongoing recovery growth.

4. **Courage:** Change under any circumstance can be difficult. The principle of courage is one that moves ahead, based on trust and hope, in spite of the fear.

- What is a fear that is holding me back from a change and what can I do about it?
- What am I afraid of and needing courage to face?

5. **Honesty/integrity:** Honesty is painful. Honesty is being vulnerable. Recovery is most likely impossible without it—integrity and honesty are essential.

- What do I still hold back or lie about? What am I unwilling to admit to myself or others?
- Can I look in the mirror and feel okay about me?

6. **Willingness/patience:** Throughout recovery to the very last, we have to be willing to listen and to change. It also takes patience, since waiting is not a strong suit for most of us with this disease.

- When do I let my fast-thinking lead to impatience and how can I be more mindful of it?
- Am I rushing things, wanting things to happen yesterday?

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Quote of the Week

**The key to everything is patience.
You get the chicken by hatching the egg, not by smashing it.**
- Arnold H. Glasow

Tools and Resources

Looking for answers to questions about mastering recovery? Something you want me to talk about or explain? Please let me know. [Email Me](#) with ideas or questions and watch for more information in the next month.

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