

# Mastering Recovery

A Newsletter on Long-Term Sobriety

**#33 -- February 16, 2022**

From Inward Outward

## What I'm Thinking

*Okay, three more principles of recovery* to look at this week. Humility, love, and responsibility.

- Open to learning,
- open to caring,
- open to admitting my mistakes.

Tough stuff in early sobriety, but essential to get to long-term recovery.

*I remember one "amend" I thought I was making.* "I'm sorry for what I did, but you are still a jerk and more at fault than I was." Well, it wasn't quite that blunt, but that was the drift of it. And no, I didn't check with my sponsor first. And, believe it or not (believe it!) I was eight years into recovery! (Believe it!) I can be quite slow.

*That is why humility- Step 7- asking our Higher Power* to remove our shortcomings- is before the making of amends. It is the entry way from our inner lives to how we live in the world. By the time we get to Step 9 we have spent a great deal of time dealing with our selves. We better have learned humility or we will truly get stuck- and a substance use disorder loves being stuck!

*Humility is essential!* It is found in many ways. For me, it is often when I see things in the world of nature that inspire me with awe and, well, my own smallness. How can I even begin to believe I can be the master of anything all by my little old lonesome. Even introverts need outside help and resources. What can I learn today? How can I find new strength and compassion? Where do I need to be open to admitting my mistakes so I can be free of the burdens of the past?

I have to do this regularly. It has to be part of my life in recovery. It sets the stage for everything else I can do.



## • Facing Challenges - Building Recovery

7. Humility: Humility is not humiliation. It is the result of honesty in looking at ourselves and understanding what we can, and can't, do.

- Can I to admit that I am not at the center of the world and need as much help as others do?
- Am I able to ask for help and accept it with an open mind?

8. Love: Love is a principle that is begging to be shared. It is the principle that moves us outward.

- Am I willing to look at the ways I affect others and see how I can do better?
- Do I care about the way I treat others?

9. Responsibility: I need to take responsibility for what I do. If I don't take responsibility for what I do, if we blame and shame others, we haven't adopted the eight principles before this one, we will most likely have great difficulty staying sober.

- How am I continuing to hurt others when I don't admit I am wrong?
- Can I admit my mistakes?

***Was this email forwarded to you?***

Click button for your own subscription.

**Subscribe**

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

**Picture of the Week**



## So Big Yet So Small

My experience of awe and  
humility.

Joshua Tree National Park

## Quote of the Week

Just knowing you don't have the answers is a recipe for humility, openness, acceptance, forgiveness, and an eagerness to learn - and those are all good things.

- Dick Van Dyke.

## Tools and Resources

As I continue to work behind the scenes on developing Mastering Recovery into a broad-based series of programs, I continue to look for your ideas. What do YOU think Mastering Recovery should focus on to help you or others to grow? Please let me know.

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

## Barry Lehman

4903 16th Ave NW,  
Rochester MN 55901 United States

Copyright © 2022

You received this email because you signed up on my website. Spam is not part of recovery. If you don't wish to continue to receive this newsletter you may unsubscribe.

[Unsubscribe Here](#)



