

Mastering Recovery

A Newsletter on Long-Term Sobriety



#36 -- March 9, 2022



More news on upcoming additions to *Mastering Recovery* in the Tools and Resources section below.

Getting "Unstuck" Foundation

What I'm Thinking

Earlier this winter I got my car stuck in snow along the street. I had taken the car from the parking lot to do some clearing of the snow and pulled in too close to the curb where the snow was deeper. I did all the right things to get it out. I rocked the car back and forth. Nope. I got the shovel and dug out the wheels. Another big nope. So I gave up. Seriously. I just quit and decided to leave it sit there while I went and did other things.

That didn't work either. When I came back later, all refreshed and renewed in purpose, the car just rocked back and forth and didn't come unstuck. Being stubborn and proud and afraid to admit I'm helpless, I just made it worse.

Until a car came along. They stopped. We worked at it together and made some progress. But not enough. Finally one more neighbor came by. There was finally enough to get the momentum built up. The car was free!

Not an unusual story for anyone living where you can get that much snow. I hadn't thought about that until after writing last week's newsletter on being stuck. My relapse prone behavior with my trumpet playing was in the same league as trying to dig my care out of the snowbank doing the same things over and over. Even knowing some of the right things to do didn't help.

Back to the phrase of the month:

How I do anything is how I do everything.

In other words, don't ask for help, make excuses, and when the going goes nowhere, quit- at least for the moment.

That's why the path of "mastery" is important, no matter what area of life you are working on. It sets a pattern of actions that will, with time and practice, become a lifestyle of recovery. First it gets me through the average daily stuff that could get in the way. Then, just as importantly, it calls me up short when I face something new or different. The basics of mastery work on anything so they can be how I do everything.

*Which is why as I look at expanding the work of **Mastering Recovery** I am starting with getting unstuck. That includes building a style that can help anyone confront their "stuckness" in healthy ways. For these three weeks in February, the *Facing Challenges-Building Recovery* section below will look at the three levels of that work. This will be the blueprint that the mastering recovery program will be developing. By next Wednesday's newsletter, the Facebook page and private group will be live. Watch for it.*



Facing Challenges - Building Recovery

The first phase of the blueprint is: **Foundation**.

This phase includes:

- A Growth Mindset
- Awareness and Autonomy
- Desires and Empowerment

In these three stages for getting- and staying- unstuck, a foundation is built that discovers that with more than two years of sobriety one has already had a great deal of success and growth. Life has changed drastically in those relatively few years. We discover that we have made many good choices, are more aware of our triggers and cravings, and are ready to truly discover what we want to do with our lives in recovery. In this phase three general things can happen:

1. **You will increase** your ongoing potential for growth in recovery avoiding the tension of uncertainty. You have come a long way.
2. **You will find ways** to discover personal skills without getting sidetracked by the fear of failure. You have learned how to do this.
3. **You will break through the uncertainty** and confusion of choices by naming one goal to work on that will get you started. You've done it many times; it's time to do it again.

Remember again that while the basics of long-term recovery are built in the first two years, the path of "mastery" comes after the important work of abstinence and sobriety. In this first phase, you are basically taking your own inventory of your success in sobriety. I will be developing a number of resources for all these stages of mastering recovery. It works- and will continue to work.

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Quote and Picture of the Week

A flower blooming in the desert proves to the world that adversity, no matter how great, can be overcome

-- Matshona Dhliwayo



(from **Saguaro National Park, Arizona**)

Tools and Resources

This is the ninth month of this newsletter. I have been trying some different ideas and postings. It's time now to do some expansion of this platform for long-term sobriety. This will include more outreach to others and greater opportunities for developing a place where long-term recovery is built.

Mastering Recovery, therefore, will be adding some new resources and programs in the next ninety days.

- **First will be a Mastering Recovery Facebook [page](#)** and a **private Facebook group**. They will both be up and live by *March 15*. The **MR page** will be a public face for *Mastering Recovery* with posts about ideas, resources, and general thoughts from me. The **MR group** will be for those who want to engage in more deeply in discussion and interactions regarding long-term sobriety and the ideas behind mastery. As a "*private group*" only those who are members, admitted by the administrator (me, for now), will be able to see and make posts.
- **Second will be a Mastering Recovery Blueprint** for getting unstuck and staying healthy. This is tentatively set to launch *May*

15. It will be a book and an online course and perhaps a webinar. The details are still being worked out. Watch the newsletter for more information as all this comes together.

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

Also, now would be a good time to forward this newsletter to others you think might benefit from it. Things are about to go deeper into the path. Help them get on board.

Barry Lehman

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