

Mastering Recovery

A Newsletter on Long-Term Sobriety



#37 -- March 16, 2022



Links to new Facebook additions of *Mastering Recovery* are in the **Tools and Resources** section below.

Getting "Unstuck" Flow

What I'm Thinking

For these weeks in March, the **Facing Challenges-Building Recovery** section below is reviewing the three levels of mastery work. They are:

- Foundation
- Flow
- Freedom.

Each level has three parts to it. Together they form the blueprint of the mastering recovery program. Last week I looked at the first phase: Foundation. After a foundation is built, there's still more to do. The foundation gives the basics that mastery always returns to. The basics remind me when I seem to be stuck, that I can do this since I've done it before; I have a set of tools and principles that I know how to use; these help me keep moving forward.

In the first two years of my sobriety these fundamentals became the form and substance of my day-to-day life. They became habits- good habits. (Check out James Clear's amazing book, *Atomic Habits!*) They turned into my go-to actions when I was worried, afraid, restless, or any of the other signs of possible relapse. I was expanding new skills and habits so I would know how to use them when I needed them.

That's when sobriety begins to expand into recovery! Increased awareness leads to mindfulness. Mindfulness leads to seeing where I still need to grow. Knowing I need help to grow opens me to looking for mentors, coaches, sponsors, guides, teachers who can help me find what I need. But that's why I have focused in my book and the next development of Mastering Recovery on having a full, two-years of sobriety. Because I had a substance use disorder,

the next right thing to do isn't always obvious. I learned that in those first two years- as well as cleaning up the wreckage of my past.

As I have been working on the expansion of the Mastering Recovery program these past months, I have been grateful for the foundation many people helped me build. It is one of those principles and tools that helps recovery become a lifestyle. It continues to amaze me. Stay with me in these next months as this program expands. I believe you, too, will find new levels of gratitude to help you as well.



Facing Challenges - Building Recovery

The second phase of the blueprint of mastery is: **Flow**.

This phase includes:

- Making a Plan
- Working the Plan
- Unstuck and healthy.

In these second set of three stages for getting- and staying- unstuck, you learn to practice what will get you to what's important. With more than two years of sobriety life has already changed drastically and hope has built. In those relatively few years. All those signs of relapse or concern haven't gone away, but with a good foundation and a growth mindset, it's now time to make more movement toward your goals. In this phase three general things can happen:

1. **You will expand** the goal you came up with in the first phase, without making it too complicated or, on the other hand, minimizing your skills. You have successfully used these skills before.
2. **You will follow your plan** to practice mastery in order to reduce cravings and the fear of sharing feelings or needs. You have learned how to do this.
3. **You will break through being stuck** and get clarity of your next steps to deal with issues like anger or irritability. You've done it many times; keep at it.

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 second phase, you are basically practicing skills of mastery in sobriety so they become natural, perhaps even a state of "flow" or serenity. I am developing a number of resources for all these stages of mastering recovery. It works- and will continue to work.

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

Quote and Picture of the Week

Sometimes in the waves of change we find our true direction.

- Unknown



Tools and Resources

The page and group are both live! This first draft is up for ***you*** to be involved in helping the *Mastering Recovery* program expand.

You will be among the first to be part of this new adventure in recovery. In two weeks I will be sending out emails inviting others to join.

In other words:

- **The Mastering Recovery Facebook page** and the **private Facebook group** are both up and live **NOW**.

The **MR page** is a public face for posts about ideas, resources, and general thoughts from me.

[LINK to Mastering Recovery Page](#)

- The **MR group** will be for those who want to engage 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.

