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#38 -- March 23, 2022



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

Getting "Unstuck" Freedom

What I'm Thinking

For these three weeks in March, the *Facing Challenges-Building Recovery* section

below has been looking at the three levels of Mastering Recovery as a blueprint for growth. It starts with a

Foundation and then builds on that with developing one's own

Flow, which leads to the third level of mastery, a sense of

Freedom.

The whole process has a direction which is to help make this "work" of ongoing, long-term recovery a lifestyle. As I often say about this process, recovery isn't something we do, it is who we are. Or the other phrase of the month:

How I do anything is how I do everything.

As I have been working on the blueprint I have been discovering new ideas about recovery and how all "successful" programs for sobriety build on the same core principles, using the same core tools, and expressing the same core values. As the Mastering Recovery program continues to develop, these don't change as core elements. But they do adapt and add new insights into how they work, why they are worth the time to become better at them, and finally what each of us can do to find our own unique expressions of them. I am looking forward to working through these ideas with many of you. Take a moment and go the tools and resources section below and join the group or like the page. Together we can help many others discover their own greater depth and sobriety.

Facing Challenges - Building Recovery

The third phase of the blueprint of mastery is: **Freedom**.

This phase includes:

- Spirituality and Community
- Values and Purpose
- Gratitude and Aceptance

In this third set of three stages for getting- and staying- unstuck, you experience the freedom to grow that mastery can provide. 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, the ability to practice and be mindful, it's now time to explore the freedom of recovery. In this phase three general things can happen:

- 1. You will find your unique spiritual approach to life overcoming lonliness and disconnection.
- 2. You will learn to live by your values with purpose and honesty.
- 3. You will be ready for your next steps with gratitude and acceptance moving forward.

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

Tell me, what is it you plan to do with your one wild and precious life?

— Mary Oliver



Seriously- send me a note on what you have in mind to develop your own wild and precious life- making recovery *your lifestyle.*

Email Me Here.

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.

• 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.

Link to JOIN the members-only Facebook Group

For the moment there will be only periodic posts and information as I get the system running. Any ideas or suggestions will be welcome on the page or the group. Also, now would be a good time to forward this newsletter to others you think might benefit from it. Help them get on board.

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

Barry Lehman

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