

Mastering Recovery

A Newsletter on Long-Term Sobriety



#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 Acceptance

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 loneliness 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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Quote and Picture of the Week

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

— Mary Oliver

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

4903 16th Ave NW,
Rochester MN 55901 United States

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