

# Mastering Recovery

A Newsletter on Long-Term Sobriety



**#39 -- March 30, 2022**



Links to **Mastering Recovery** on **Facebook** are in the **Tools and Resources** below. Check them out.

## A Blueprint for Long-term Sobriety

### What I'm Thinking

*For these weeks in March, I have been reviewing the three stages of mastery work. They are:*

- Foundation
- Flow
- Freedom.

*Each stage has three parts to it. Together they form the blueprint of the mastering recovery program.*

*The downloadable roadmap below puts them all together. This is what I will be building out over the next couple months. It works because it gives those of us with a substance use disorder the tools we can use to build our own unique life in recovery.*

*In future newsletters I will be talking more about the idea of recovery as the way to talk about what we build in abstinence. Carl Erik Fisher expressed what I have been talking about in his recent book, *The Urge*.*

- To truly meet the challenge of addiction, a therapeutic response alone is not enough. For centuries, people have sought out a further step, something more recently called recovery. (*The Urge: Our History of Addiction*)

*That quote is loaded with potential, and probably some controversy. There comes a point, usually after the first two years of sobriety, that we realize there's more to this than meets the eye. Long-term sobriety is beyond a "therapeutic response."*

*To remain sober for the long-term means changing our understanding of what life can be for us. It is what we as individuals need to do to find our ongoing*

direction. In my book- and in this newsletter- I have only just scratched the surface of mastery. It is a way of life where we are always moving forward in order to improve at what is important to us. That is a unique path for each of us.

*Mastery is discovering that just when you think you've gone as far as you can go, you are just starting the next adventure. What's ahead will be even more amazing than what we have already experienced.*



## Facing Challenges - Building Recovery

The stages of the blueprint of recovery are:

- Phase 1- Foundation

Growth Mindset  
Awareness and Autonomy  
Desires and Empowerment

- Phase 2- Flow

Make a Plan  
Work the Plan  
Stay Unstuck

- Phase 3- Freedom

Spirituality and Community  
Values and Purpose  
Gratitude and Acceptance

[Link to a copy of the Mastering Recovery](#) Roadmap to download.

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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

Invest in the future because that is where you are going to spend the rest of your life.

— Habeeb Akande



This is today's cute little blossom.  
It is also tomorrow's tomato.

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### Tools and Resources

You are among the first to be part of the adventure of mastering recovery. In April I will be sending out emails inviting others to join.

Here are the current resources:

- **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.

