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Mastering Recovery

A Newsletter on Long-Term Sobriety



#4 -- July 28, 2021

Small Things Get You Moving

The **BIG** things can quickly get your attention and cause **BIG** problems. The *little* things are more annoying. They sneak up and just won't go away.

What I'm Thinking

It's hot in Rome in August. That's when we were there. We had the windows open for air. We were ready to fall asleep and my wife heard a mosquito. We both sat up and started the search. No, we didn't get it. Annoying critter. Like trying to get the rogue fly in February in the kitchen. Little things can motivate us as I was quite active trying to get the mosquito or fly. But the frustration level was high.

The little things get even worse when BIG things are also happening. They are magnified out of proportion. When the BIG things ease up, it's the little things that will continue to eat away at your serenity. Feelings build; stress increases; our coping mechanisms run out of energy.

The past year of a pandemic was tough. That was a BIG thing- and still could be again. But for the moment many of us have been reacting with a sense of relief. We can get out and around. But at the same time, many of the little things of being human and getting through daily life are still there. Now we are more likely to react, or even overreact to them.

So watch out for the little things.



Facing Challenges - Building Recovery

What are you doing for your recovery now that you may be getting out and around more? Try increasing mindful awareness.

What things are important in mindfulness?

I found this on the [SMART Recovery website](#).

- **Observe** with all senses
- **Notice** without getting caught up in the activity
- **Participate** fully without getting pulled back into worrying
- **One-mindfully** (do one thing at a time)
- **Be non-reactive**- notice where your mind goes, then pull it back- don't be upset if your attempts at mindfulness aren't perfect
- **Non-judging**- notice your experiences with out judging them as positive or negative
- **Describe**- put verbal labels on your experience

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Picture of the Week



Look for the Small Things

See that tiny flying critter?

If you aren't looking for it, you probably won't see it. All I saw at first was a quick flash of movement. It took six pictures to get that one in the right focus and position.

Can I be as mindful and patient when the little things of life pester me?

Have You Seen This?

Headline on CNN:

Methamphetamine in waterways may be turning trout into addicts

- Suffered withdrawal
- Less active than those not exposed to methamphetamine
- Traces of the drug in their brains up to 10 days after exposure.
- Addiction could make fish spend more time around water treatment discharges, which are unhealthy for them, in order to get another hit.
- Drug cravings could prove more powerful than natural rewards like foraging or mating.

[Link](#)

Quote of the Week

Great acts are made up of small deeds.

-Lao Tzu

Tools and Resources

AA and the Twelve Step programs are not alone in the recovery self-help world. There are other successful groups for self-help and support. Many of them

work on the same basic principles that AA does just using different language and techniques. Other groups include

- Celebrate Recovery, a Christian-based recovery program
- Millati Islami, A Muslim Twelve Step program
- JAAN- Jewish Addiction Awareness Network
- Buddhist Recovery Network
- Smart Management and Recovery Training (SMART Recovery)
- LifeRing Secular Recovery
- Women for Sobriety and
- Secular Organizations for Sobriety (SOS)

All are abstinence-based. Other than those from within a religious framework, they are clear about their secular approach to recovery and maintain group support as part of their foundations. Some use the impact of both Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT) as well as mindfulness. They are not as widely available as the Twelve Step programs.

Book Update

Things are moving along now

- Final formatting will happen in the next week.
- Cover design is all but done.
- Recovery Book Launch-Team is forming!
- I am almost finished recording the audio book!

Wow! It is really happening.

Launch date will be announced next week in this newsletter.

Sign-up below.

You will get an email with suggestions on what you can do to help and a link to a free PDF of Part One of the book.

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