Session 59: Sustaining Freedom: The Long Middle of Recovery

Phase 5 — Giving Back: Service, Leadership & Purpose · Block 3 — Purpose & Vocation

Date: _____ My craving today (0–10): _____ One word for my week: _____

What we're learning

Early recovery runs on urgency; sustained recovery runs on rhythm. The risks change costume: drift instead of crisis, boredom instead of craving, old anniversaries arriving on schedule, and success itself — the raise, the apartment, the regained trust — quietly arguing that the disciplines can be retired. They cannot. What changes is the review rhythm: the chain (Appendix C) re-read against current life, the plan renewed on a calendar instead of in an emergency, and people who keep asking the real questions after the crisis audience has gone home.

- Drift is the chain in slow motion Stage one of the warning-sign chain (Session 28) at year scale: a skipped meeting becomes a skipped month; a postponed call becomes a lost number. The long middle is lost at stage one, exactly like the first ninety days — only slower, and quieter.
- Boredom is information, not emergency A flat season usually means a dimension is underfed — Purpose gone stale, Community thinned, Health neglected (Sessions 1–36 built all four). Feed the dimension; do not feed the craving. New service, new capability (Session 57), new people to help (Block 2) are the curriculum's standing answers.
- Success needs a plan too Write if–then plans for good news: the raise, the promotion, the restored license, the family reconciliation. Celebration was an old trigger for most of this room; the plan for winning is written in the same ink as the plan for losing.

Goals for this session

☐ I can describe the long-middle risks: drift, boredom, anniversary seasons, and success itself

☐ I can refresh my warning-sign chain (Appendix C) for year-two realities

☐ I can set a quarterly self-review rhythm and name who sits in it with me

Check-in

What part of your recovery feels most ordinary now — and what part of ordinary scares you a little?

Discussion — write your answers

Write what you would say out loud — and more, if it comes. There is no right-length answer; there is only an honest one.

1. Which long-middle risk is already visible in your life: drift, boredom, an anniversary, or success?

2. Read your refreshed chain aloud: what is different from the chain you wrote in Session 28?

3. Who sits in your quarterly review — by name — and what are the three questions they must always ask?

4. What are your four quarterly review dates, and who sits in them with you?

Session 59 — Skill Practice

Chain refresh and calendar (solo, then pairs): using Appendix C, each person rewrites their warning-sign chain for their current life — today's actual triggers, people, and seasons — and marks stage one in red. Below it, they write the quarterly review: four dates a year, the named person, and the three standing questions. Partners check that every date is real and every name is a person who has agreed to be asked.

My refreshed warning-sign chain for my current life, stage one marked:

My quarterly review — four dates, the named person, and the three standing questions:

My takeaway

The one thing from this session I most need to remember — in my own words:

Homework — this week's application

☐ Put the four review dates where your life will see them — phone, plan, workbook — and tell your named person their assignment and first date this week.

Space to do the homework and note how it went:

An optional Scripture handout for this session is available from your facilitator on request.