Adventures in Soberbia

a collection of ramblings about how I found joy in sobriety

Happiness in the Balance

Practice is Not Fake

A Sample Size of One

The Art of Dancing with Gravity

Making Plans

Acceptance does not require Approval

Illusions of Control (what do I actually control)

The Deeper Current

When will the sun feel good again?

Playing Music Through Water

An Imagination Stretched

Happiness in the Balance

“If you’re doing it right, there comes a point in your sobriety where you realize what you’ve gained is bigger than what you lost.”

Dancing with Gravity

Making peace with a higher power and a scientific mind. Analogy of a 1 year old learning to walk. Experience does not require understanding. Mastery does not require understanding in some cases. Describe the inability to define a river, or the coastline of Britain.

Making Plans

Planning vs being in control. not taking it personally when plans must be changed. autopilot off course most of the time. Financial responsibility can create a buffer to help deal with surprises from life.

What Do I Control?

Attitude and focus. Choose to be willing. Willing to admit that I do not know what is next, even for me. I never planned to write a book about being sober.