

Sponsor Becky

Tonight, the topic is  
Being Single in Recovery

Being single is the only medicine you can take to cure yourself from the diseases of betrayal, infidelity and lies.

Your initial thoughts?

Being single is not the opposite of commitment. It is the deep understanding of the fact that you don't want to be committed yet.

Your initial thoughts?

It is better to be single and feel alone, than to be in a relationship and still feel alone.

Your initial thoughts?

Survey

[https://www.surveymonkey.com/analyze/mW7wejwNzuhvhjn4g8VBH0nbEHEoWJjxbF8JBvoX07Q\\_3D?utm\\_source=RPS](https://www.surveymonkey.com/analyze/mW7wejwNzuhvhjn4g8VBH0nbEHEoWJjxbF8JBvoX07Q_3D?utm_source=RPS)

We encourage you to call in with your recovery topic requests. This topic was suggested by a listener a few weeks back and so we scheduled this esteemed group to respond. Here is what our listener wrote:

Single people & addiction - I'm not single any more, but I was for my first three months of sobriety and that too was terrifying, not merely for the reasons above! Single life is more social and alcohol-fuelled, one's social life is one's life, one is without immediate support, there can be loneliness and isolation - and numbers of lone rangers are ever on the rise.

What are some of the challenges/pressures with being single in recovery?

What are some of the benefits of being single in recovery?

How can a sponsor help for the person who is single and in recovery?

What should a single person look for in a sponsor?

What is 13th stepping?

What are the Barriers for the single person to have fun in recovery?

What about the suggestion to no relationship during the first year?

What are your experiences with dating people in program?

What are your experiences with dating people outside the program?

What are your experiences with dating people who should be in the program?

What is codependency and what does that mean to the single person?

How do you get to know yourself and what your interests are? How does being single help?

Does being single in recovery help focusing on recovery? Why is this important?

How does being single affect relationships with other people of your own sex?

How does being single affect your free time?

We Have Calls

Alex from Austin

[https://www.google.com/voice/fm/00557165274674955804/AHwOX\\_DjG5PRi9hTmphuuGedzxThqdZelR7i\\_LxXrM4j3NY1V9tBJS7PIO8G1e575auJvU-n\\_D6L67Z-I9ksB81xi83yLBjXTK4GSrylFLSE3k-XIKdx9pXosu9l3M\\_sLe9NvWM3GZ9kCdoCTo\\_j7p1tV893kb2FQ](https://www.google.com/voice/fm/00557165274674955804/AHwOX_DjG5PRi9hTmphuuGedzxThqdZelR7i_LxXrM4j3NY1V9tBJS7PIO8G1e575auJvU-n_D6L67Z-I9ksB81xi83yLBjXTK4GSrylFLSE3k-XIKdx9pXosu9l3M_sLe9NvWM3GZ9kCdoCTo_j7p1tV893kb2FQ)

Tim from Cleveland

[https://www.google.com/voice/fm/00557165274674955804/AHwOX\\_CVC7RcpKDn943bLhBgTe9NnzSYx3AFHI89lrDjmujbv\\_T43m5tyzUNy9VAaL0sieTrxe4WldYg0saSoi\\_XTudvim3ngmKyFVrmV5xMI1OI9o9dAb9AYtc0ExqWfbMRqgwZBehraPnovFrH-C7h3z7uFqRb1w](https://www.google.com/voice/fm/00557165274674955804/AHwOX_CVC7RcpKDn943bLhBgTe9NnzSYx3AFHI89lrDjmujbv_T43m5tyzUNy9VAaL0sieTrxe4WldYg0saSoi_XTudvim3ngmKyFVrmV5xMI1OI9o9dAb9AYtc0ExqWfbMRqgwZBehraPnovFrH-C7h3z7uFqRb1w)

John from Los Angeles

[https://www.google.com/voice/fm/00557165274674955804/AHwOX\\_DAhfypG6s1itGcLr5zEjOhROu\\_i9YO1JvD6ZPwXkUKDxsZ-cnA\\_9lWp85YerPzclqx2YfmQq\\_NrE7Y3cO0gMnv\\_yhMTH3wzQKimePzcWGm1Etx1ENLknwIRcmmo2ZhqtJkZrJGpjoq6zseOMGi2HcwNe9jQ](https://www.google.com/voice/fm/00557165274674955804/AHwOX_DAhfypG6s1itGcLr5zEjOhROu_i9YO1JvD6ZPwXkUKDxsZ-cnA_9lWp85YerPzclqx2YfmQq_NrE7Y3cO0gMnv_yhMTH3wzQKimePzcWGm1Etx1ENLknwIRcmmo2ZhqtJkZrJGpjoq6zseOMGi2HcwNe9jQ)

Visited with David from North Carolina, alanon, business in troy, Mark,

I am in AL-anon and have been for 3 years. My wife and I are fans of your Recovered Podcast show. We live in Charlotte, NC. I am going to be in Troy, MI next week on business. I would like to come by the studio on Tuesday, 7/26. Possibly be part of the show??? Would that be ok? Can you send me the address of the studio? Thank you.

Pablo from Pennsylvania attended the Cheasea (2) vs. Real Madrid (3)

Hi Marc, I'm a premier member of your podcast.

I live in Reading, Pennsylvania.

I'm heading to Ann Arbor this Friday... I'll be arriving around 6am on Saturday. I am attending a soccer game at the big house and I would love to know if you can help me to find a few places to attend meetings while I'm there, Saturday and Sunday. I have been sober for 5 weeks so I'm a bit scared of going there tbh I'm going with three other friends they drink... They know that I

don't drink or use drugs anymore... So they said that they were make I don't drink but as you know that I'm the one who makes that decision.

If you can help me out to find a few groups where I can go while I'm there that would be much appreciated... And if you can recommend a few good restaurants as I always hear in your podcast that you guys go to a few nice restaurants in the area.

I love your podcast... I listen to it everyday when I'm working... I'm currently working on step 1 with my sponsor Rick Herbert that actually today he got his coin for 23 years of sobriety and he does work for Al anon.

Thank you for your podcast and for your dedication on spreading the message.

Pablo.

Detroit River Cruz  
El Barzon

Two american presidents have been single during their term. Name one

James Buchanan  
Grover Cleveland

Millard Fillmore.  
Benjamin Harrison.  
William Henry Harrison.  
Zachary Taylor.  
Martin Van Buren.

Wavve

The great thing about the Recovered Podcast is the community. And now the community has a voice through the new Wavve app.

This is a great way to communicate with us and other fans and we all get to hear your voice.

Wavve is a new tool that we can use to talk (literally) as a community. On the Wavve app, you can join the Recovered Cast "Channel" and post up to 60 seconds of audio to start a discussion topic. Once a topic has been posted, others can comment via audio and discuss. It's kind of like a verbal message board just for Recovered Cast listeners on your phone. It looks like this:

Try it out!