

RRP Episode 100 – Bill M: One Honest Day at a Time in Long-Term Recovery

Presenters: Julie and Peter

Length: 1:08:00

Episode Summary

Episode 100 marks a meaningful milestone for the Real Recovery Podcast, and we honor it the same way we always have—by centering lived experience and honest conversation. In this episode, Bill M joins us to talk about what long-term recovery truly requires. Together, we explore accountability, humility, relapse, rebuilding trust, and learning how to stay emotionally present even when it's uncomfortable. Bill shares openly about the work it takes to sustain recovery and the importance of community, connection, and service along the way.

Key Points

- **00:03:40** – Bill reflects on early recovery and the importance of honesty
- **00:14:12** – Accountability and taking responsibility for past actions
- **00:27:05** – Relapse, self-reflection, and lessons learned
- **00:41:30** – Rebuilding trust through consistent effort
- **00:55:18** – Community, connection, and service in long-term recovery
- **01:07:45** – Staying emotionally present and continuing the work

Quote

“I had to stop blaming everything else and really look at my part in it. That’s when recovery actually started to stick.” — Bill M

Links

- **Listen to the episode:** <https://mdcr1.com/100>
- **Read the blog:** <https://mdcr1.com/100b>
- **Real Recovery Podcast:** <https://www.realrecoverypodcast.com/>

Hashtags & Mentions

#RealRecoveryPodcast #RecoveryJourney #Episode100 #LongTermRecovery
#Accountability #OneDayAtATime