

S	O	B	E	R
Self-Forgiveness	Addiction	Drugs and alcohol	Refusal skills	Letting go of drug using friends/family
Celebrated a recovery milestone/Anniv. within the past week	SAIOP	Money problems	Affirmations	Positive coping strategies
Resentments	Asking for Help	FREE	Meditation	Has fewer than 90 days sober
High risk situations	Relapse	Isolation	Positive Self-Talk	Relationships
Has a sponsor	Family	Medication	Better communication	Breathing Techniques

S	O	B	E	R
Meditation	Letting go of drug using friends/family	Asking for Help	Resentments	Better communication
Refusal skills	Has fewer than 90 days sober	High risk situations	SAIOP	Affirmations
Trauma	Medication	FREE	Celebrated a recovery milestone/Anniv. within the past week	Drugs and alcohol
Positive Self-Talk	Positive coping strategies	Money problems	Relapse	Breathing Techniques
Addiction	Self-Forgiveness	Trigger	Counseling	Family

S	O	B	E	R
Meditation	Celebrated a recovery milestone/Anniv. within the past week	Positive Self-Talk	Counseling	Affirmations
Addiction	Trigger	Trauma	Breathing Techniques	SAIOP
Co-occurring disorder	Relapse	FREE	Isolation	Positive coping strategies
Medication	High risk situations	Has fewer than 90 days sober	Asking for Help	Relationships
Better communication	Resentments	Letting go of drug using friends/family	Drugs and alcohol	Money problems