

S	O	B	E	R
Trauma	Addiction	Co-occurring disorders	Relapse/Slip	Medication management
Breathing Techniques	Self-Forgiveness	Positive Self-Talk	Affirmations	Refusal Skills
SAIOP	Triggers	FREE	Asking for help	Has fewer than 90 days clean/sober
High risk situations	Relationships	Medication Assisted Treatment (MAT)	Has a sponsor	Meditation
Drug using friends and family	Better communication skills	Positive coping strategies	What step are you on	Celebrated a recovery milestone/Anniv within the past week

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Co-occurring disorders	What step are you on	Medication management	Better communication skills	Refusal Skills
High risk situations	Asking for help	FREE	Has fewer than 90 days clean/sober	Addiction
Has a sponsor	Positive coping strategies	Trauma	Celebrated a recovery milestone/Anniv within the past week	Relationships
Medication Assisted Treatment (MAT)	Meditation	SAIOP	Self-Forgiveness	Drug using friends and family

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Better communication skills	Positive coping strategies	Affirmations	Meditation	Asking for help
Trauma	High risk situations	Medication Assisted Treatment (MAT)	Self-Forgiveness	Medication management
SAIOP	Celebrated a recovery milestone/Anniv within the past week	FREE	Relationships	Has a sponsor
Triggers	Refusal Skills	Relapse/Slip	What step are you on	Co-occurring disorders
Has fewer than 90 days clean/sober	Addiction	Positive Self-Talk	Breathing Techniques	Drug using friends and family