

|                                                            |                         |                |                                    |                            |
|------------------------------------------------------------|-------------------------|----------------|------------------------------------|----------------------------|
| <b>P</b>                                                   | <b>I</b>                | <b>R</b>       | <b>U</b>                           | <b>!</b>                   |
| Treatment                                                  | Addiction               | Fellowship     | Relapse                            | Meditation                 |
| Celebrated a recovery milestone/Anniv within the past week | Self-help support group | Money problems | Affirmations                       | Positive coping strategies |
| Resentments                                                | Trigger                 | <b>FREE</b>    | Better communication               | Has finished Step Nine     |
| High risk situation                                        | Relationships           | Higher Power   | Has fewer than 90 days clean/sober | Memory loss/ Blackouts     |
| Has a sponsor                                              | Big Book                | Phone a Friend | self Love                          | Family                     |

|                                    |                        |             |                                                            |                            |
|------------------------------------|------------------------|-------------|------------------------------------------------------------|----------------------------|
| <b>P</b>                           | <b>I</b>               | <b>R</b>    | <b>U</b>                                                   | <b>!</b>                   |
| Trigger                            | Affirmations           | Relapse     | Celebrated a recovery milestone/Anniv within the past week | Money problems             |
| Fellowship                         | self Love              | Meditation  | Big Book                                                   | Positive coping strategies |
| High risk situation                | Better communication   | <b>FREE</b> | Has finished Step Nine                                     | Addiction                  |
| Has fewer than 90 days clean/sober | Phone a Friend         | Treatment   | Family                                                     | Relationships              |
| Higher Power                       | Memory loss/ Blackouts | Resentments | Self-help support group                                    | Has a sponsor              |

|                        |                            |                |                                                            |                                    |
|------------------------|----------------------------|----------------|------------------------------------------------------------|------------------------------------|
| <b>P</b>               | <b>I</b>                   | <b>R</b>       | <b>U</b>                                                   | <b>!</b>                           |
| Big Book               | Phone a Friend             | Affirmations   | Memory loss/<br>Blackouts                                  | Better communication               |
| Treatment              | High risk situation        | Higher Power   | Self-help support group                                    | Meditation                         |
| Resentments            | Family                     | <b>FREE</b>    | Relationships                                              | Has fewer than 90 days clean/sober |
| Trigger                | Positive coping strategies | Relapse        | self Love                                                  | Fellowship                         |
| Has finished Step Nine | Addiction                  | Money problems | Celebrated a recovery milestone/Anniv within the past week | Has a sponsor                      |