

S	O	B	E	R
Takes meds as prescribed	Addiction	Has more than 90 days clean/sober	Relationships	Meth
Family	Subs help manage addiction	Positive coping strategies	Affirmations	Steroids
Treatment	Better communication	FREE	Pain pills	Marijuana
Co-occurring disorder/ bi-polar/depression	Meditation	Resentments	Memory loss	Relapse
Self-help support group (here)	High risk old using friends	Heroin	Money problems	Celebrated a recovery milestone/Anniv within the past week

S	O	B	E	R
Pain pills	Meth	Better communication	Steroids	Celebrated a recovery milestone/Anniv within the past week
Resentments	Marijuana	Meditation	Subs help manage addiction	Affirmations
Treatment	Relationships	FREE	Money problems	Family
Has more than 90 days clean/sober	Positive coping strategies	Self-help support group (here)	Co-occurring disorder/ bi-polar/depression	Relapse
Addiction	Takes meds as prescribed	Trigger	Has a Counselor	Heroin

S	O	B	E	R
Pain pills	Family	Relapse	Has a Counselor	Affirmations
Addiction	Trigger	Has more than 90 days clean/sober	Treatment	Co-occurring disorder/ bi-polar/depression
Subs help manage addiction	Self-help support group (here)	FREE	Memory loss	Relationships
Celebrated a recovery milestone/Anniv within the past week	Money problems	Meditation	Marijuana	Better communication
Steroids	Meth	Heroin	Positive coping strategies	Takes meds as prescribed