

|                |                 |                        |                     |                                    |
|----------------|-----------------|------------------------|---------------------|------------------------------------|
| <b>S</b>       | <b>O</b>        | <b>B</b>               | <b>E</b>            | <b>R</b>                           |
| Steroids       | Affirmations    | Addiction              | Has a sponsor       | NNAMHS                             |
| Marijuana      | Boredom         | Resentments            | Mental Health Court | Amends                             |
| Relapse        | Suicide         | <b>FREE</b>            | Anti-social         | High risk situation                |
| Relationships  | Inhalants       | Pain pills             | Kratom              | Missed a family event              |
| Money problems | Hating yourself | Has finished Step Nine | Meditation          | Has fewer than 90 days clean/sober |

|                        |                       |                |                     |                                                            |
|------------------------|-----------------------|----------------|---------------------|------------------------------------------------------------|
| <b>S</b>               | <b>O</b>              | <b>B</b>       | <b>E</b>            | <b>R</b>                                                   |
| Being a Disappointment | Being lonely          | Memory loss    | Marijuana           | MAT                                                        |
| Anti-social            | Relationships         | OTC Drugs      | High risk situation | Hobbies                                                    |
| Resentments            | Amends                | <b>FREE</b>    | Suicide             | Affirmations                                               |
| Mental Health Court    | NNAMHS                | Meditation     | Inhalants           | Celebrated a recovery milestone/Anniv within the past week |
| Has a sponsor          | Missed a family event | Money problems | Meth                | Positive coping strategies                                 |

|                        |                      |                                                            |                     |              |
|------------------------|----------------------|------------------------------------------------------------|---------------------|--------------|
| <b>S</b>               | <b>O</b>             | <b>B</b>                                                   | <b>E</b>            | <b>R</b>     |
| Being a Disappointment | Better communication | Missed a family event                                      | Marijuana           | Boredom      |
| Money problems         | Meditation           | Affirmations                                               | High risk situation | Addiction    |
| MAT                    | Memory loss          | <b>FREE</b>                                                | Steroids            | Being lonely |
| Trigger                | Treatment            | Celebrated a recovery milestone/Anniv within the past week | Anti-social         | OTC Drugs    |
| Mental Health Court    | Family               | Suicide                                                    | Amends              | NNAMHS       |