

S	O	B	E	R
What is something you haven't done yet but would like to?	3 things I love about my life	Name 3 triggers	What has been your greatest accomplishment thus far?	One way I will challenge my negative thoughts.
How many days of sobriety do you have?	What is one personal quality that will help your recovery?	What did I learn about myself today?	How can I allow others to support me?	What is one mini-goal I can set today?
What is your motivation for recovery?	How can I keep going even when I feel uncomfortable?	FREE	One positive change I have made	One positive change I have made while in treatment
What is a symptom others notice before I do?	One thing I will do to keep my self-esteem healthy	What does "higher power" mean to me?	One of my early relapse warning signs is	T/F there are never setbacks in recovery
How do I typically respond to stress?	What is a roadblock to my recovery?	How will life be better without drugs and alcohol?	When do you feel most confident?	My sober self is _____.

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What is your motivation for recovery?	When do you feel most confident?	How can I allow others to support me?	One thing I will do to keep my self-esteem healthy	How many days of sobriety do you have?
What has been your greatest accomplishment thus far?	One positive change I have made while in treatment	Name 3 triggers	T/F there are never setbacks in recovery	How can I keep going even when I feel uncomfortable?
One positive change I have made	3 things I love about my life	FREE	One of my early relapse waring signs is	What does "higher power" mean to me?
My sober self is _____.	What is something you haven't done yet but would like to?	How will life be better without drugs and alcohol?	What is a symptom others notice before I do?	How do I typically respond to stress?
One way I will challenge my negative thoughts.	One person that supports me is	What is one mini-goal I can set today?	What did I learn about myself today?	What is one personal quality that will help your recovery?

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What is a symptom others notice before I do?	One of my early relapse waring signs is	What is your motivation for recovery?	My sober self is _____.	What has been your greatest accomplishment thus far?
What is a roadblock to my recovery?	What is one mini-goal I can set today?	When do you feel most confident?	One thing I will do to keep my self-esteem healthy	How can I keep going even when I feel uncomfortable?
What does "higher power" mean to me?	How can I allow others to support me?	FREE	One positive change I have made	Name 3 triggers
One person that supports me is	One way I will challenge my negative thoughts.	How do I typically respond to stress?	3 things I love about my life	What is something you haven't done yet but would like to?
What is one personal quality that will help your recovery?	What did I learn about myself today?	One positive change I have made while in treatment	T/F there are never setbacks in recovery	How will life be better without drugs and alcohol?