

S	O	B	E	R
Steroids	Addiction	Has fewer than 90 days clean/sober	Positive coping strategies	Meditation
Co-occurring disorder	Self-help support group	Meth	Affirmations	Resentments
Treatment	Better communication	FREE	High risk situation	Inhalants
Relationships	Marijuana	Pain pills	Has finished Step Nine	Memory loss
Celebrated a recovery milestone/Anniv within the past week	Relapse	Family	Trigger	Has a sponsor

S	O	B	E	R
Treatment	Trigger	Affirmations	Marijuana	Co-occurring disorder
Positive coping strategies	Inhalants	Has fewer than 90 days clean/sober	Memory loss	Better communication
High risk situation	Addiction	FREE	Has finished Step Nine	Pain pills
Has a sponsor	Steroids	Family	Relationships	Celebrated a recovery milestone/Anniv within the past week
Meditation	Heroin	Resentments	Meth	Self-help support group

S	O	B	E	R
Relationships	Has finished Step Nine	Treatment	Has a sponsor	Positive coping strategies
Relapse	Resentments	Trigger	Marijuana	Better communication
Pain pills	Affirmations	FREE	High risk situation	Has fewer than 90 days clean/sober
Heroin	Meditation	Celebrated a recovery milestone/Anniv within the past week	Addiction	Steroids
Self-help support group	Meth	Inhalants	Memory loss	Family