

TRIGGERS & COPING SKILLS

relationships	Celebrated a recovery milestone/anniv within the past week	RESENTMENTS	meth	co-occurring disorder
LEGAL PROBLEMS	relapse	inhalants	Has a sponsor	memory loss
positive coping strategies	Has fewer than 90 days clean/sober	FREE	heroin	addiction
affirmations	money problems	better communication	marijuana	pain pills
TRIGGERS	TREATMENT	family	Has finished Step Nine	High risk situation

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heroin	co-occurring disorder	Has fewer than 90 days clean/sober	positive coping strategies	Has finished Step Nine
meth	addiction	affirmations	relapse	Has a sponsor
self-help support group	family	FREE	LEGAL PROBLEMS	RESENTMENTS
marijuana	memory loss	inhalants	money problems	High risk situation
Celebrated a recovery milestone/anniv within the past week	relationships	steroids	NNAMHS	TREATMENT

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heroin	LEGAL PROBLEMS	marijuana	NNAMHS	Has a sponsor
Celebrated a recovery milestone/anniv within the past week	steroids	self-help support group	High risk situation	relapse
Meditation	money problems	FREE	better communication	memory loss
family	affirmations	addiction	Has fewer than 90 days clean/sober	pain pills
Has finished Step Nine	positive coping strategies	co-occurring disorder	RESENTMENTS	inhalants