

S	O	B	E	R
Trigger	Addiction	High risk situation	Reverse Tolerance	Positive coping strategies
Denial	Tolerance	Relapse	Addiction	Resentments
Self-help support group	Affirmations	FREE	Psychoactive drugs	Money problems
Neurotransmitters	Secondary Drug Effects	Physical Dependence	Relationships	Self-esteem
Memory loss	Meditation	Primary Drug Effects	Better communication	Co-occurring disorder

S	O	B	E	R
Psychoactive drugs	Positive coping strategies	Affirmations	Self-help support group	Better communication
Reverse Tolerance	Money problems	Neurotransmitters	Tolerance	Addiction
Upper-Downer Cycle	Primary Drug Effects	FREE	Denial	High risk situation
Relationships	Resentments	Relapse	Secondary Drug Effects	Co-occurring disorder
Addiction	Trigger	Withdrawal symptoms	Family	Meditation

S	O	B	E	R
Psychoactive drugs	Denial	Relationships	Family	Addiction
Addiction	Withdrawal symptoms	Upper-Downer Cycle	Co-occurring disorder	Tolerance
Drug switching	Secondary Drug Effects	FREE	Physical Dependence	Resentments
Primary Drug Effects	Neurotransmitters	Money problems	Affirmations	Self-esteem
Better communication	Self-help support group	Positive coping strategies	High risk situation	Relapse