

S	O	B	E	R
What is your definition of addiction	Give 2 reasons why someone might use	Describe one fear you have about recovery	Name 2 situations that are triggers for you	What are some ways that I can practice self-care
Name one thing you have gained in your recovery	How many days clean days do you have	What is your aftercare plan	Something that has helped me in the past	How can I change my thinking
What are some characteristics of addiction	What is my favorite coping skill	FREE	What is your definition of recovery	How can I reach out for help
Name 3 things you do not have control over	Name 3 things you have control over	What could lead to a relapse for me	Name one person you can go to for support	What are important elements of a successful recovery
Name 3 goals you have for the next year	Name 3 barriers to success in recovery	Number of meetings of you've attended	How did your substance abuse affect your health	One positive change I have made

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Name one thing you have gained in your recovery	Name one person you can go to for support	How can I change my thinking	What is the difference between a lapse and relapse	How did you substance abuse affect your relationships
What are some ways that I can practice self-care	Name 3 things you do not have control over	How can I reach out for help	Name 3 things you have control over	What is your aftercare plan
What is your definition of recovery	Give 2 reasons why someone might use	FREE	Something that has helped me in the past	Number of meetings of you've attended
One positive change I have made	Name one coping skill for cravings	I can be good to myself by _____	Name 2 situations that are triggers for you	Two emotional effects of my using
What are some characteristics of addiction	What is a weakness of mine	How did your substance abuse affect your health	What are important elements of a successful recovery	How many days clean days do you have

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What are important elements of a successful recovery	Number of meetings of you've attended	One positive change I have made	Give 2 reasons why someone might use	Name 3 things you do not have control over
Describe one fear you have about recovery	Name one person you can go to for support	How many days clean days do you have	What is your definition of addiction	How did you substance abuse affect your relationships
What stage of change do I think I am in	What recovery tools have you found the most helpful	FREE	I can be good to myself by _____	How can I change my thinking
What are some ways that I can practice self-care	Something that has helped me in the past	Name 2 of your triggers	What is your definition of recovery	Name one thing you have gained in your recovery
How did your substance abuse affect your health	What are some characteristics of addiction	Name 3 things you have control over	Name 2 situations that are triggers for you	How can I reach out for help