

S	O	B	E	R
Responsibility	Action	Consequence	Objectivity	Healing
Community	Preparation	Humility	Activating Event	Maintenance
Pre-Contemplation	SMART Goals	FREE	Belief	Feelings
Gratitude	Open-Mindedness	Grief	Feedback	Honesty
Contemplation	Caring	Leveling	Willingess	Confronting

S	O	B	E	R
SMART Goals	Activating Event	Objectivity	Community	Humility
Consequence	Willingess	Healing	Caring	Maintenance
Gratitude	Belief	FREE	Feelings	Action
Feedback	Leveling	Responsibility	Confronting	Open-Mindedness
Grief	Honesty	Pre-Contemplation	Preparation	Contemplation

S	O	B	E	R
Caring	Leveling	Activating Event	Honesty	Belief
Responsibility	Gratitude	Grief	Preparation	Healing
Pre-Contemplation	Confronting	FREE	Open-Mindedness	Feedback
SMART Goals	Maintenance	Objectivity	Willingness	Consequence
Feelings	Action	Humility	Community	Contemplation