

S	O	B	E	R
What's the one thing I'd like others to remember about me?	A time that I felt guilty about my recovery	How I feel about recovery	What is one of your goals?	List positive coping strategies
Discuss points of your recovery journey you feel you've accomplished.	What small act of kindness was I once shown that I will never forget?	Name one thing you like about yourself	A weakness of mine	What matters most in my life?
Which is worse: failing or never trying?	Am I holding on to something I need to let go of?	FREE	How my self image was affected	Is there anyone in your life you're struggling to forgive? Why?
What made you start using?	List 5 things you couldn't live without and explain why.	What are some things you're grateful for and why?	How has using affected my relationships?	Name one supportive person in your life
Discuss goals you still want to achieve in your recovery.	What is something you're tired of? Why?	Give someone in the room a compliment	Who has had the greatest impact on my life?	How long have you been using for?

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What is one of your goals?	Is there anyone in your life you're struggling to forgive? Why?	How I feel about recovery	Name one supportive person in your life	Am I holding on to something I need to let go of?
How my self image was affected	A time that I felt guilty about my recovery	FREE	How has using affected my relationships?	What are some things you're grateful for and why?
How long have you been using for?	What's the one thing I'd like others to remember about me?	Give someone in the room a compliment	What made you start using?	Discuss goals you still want to achieve in your recovery.
List positive coping strategies	How have you seen yourself progress in the past week?	What matters most in my life?	Name one thing you like about yourself	What small act of kindness was I once shown that I will never forget?

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What made you start using?	How has using affected my relationships?	Which is worse: failing or never trying?	How long have you been using for?	What is one of your goals?
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What are some things you're grateful for and why?	A weakness of mine	FREE	How my self image was affected	How I feel about recovery
How have you seen yourself progress in the past week?	List positive coping strategies	Discuss goals you still want to achieve in your recovery.	A time that I felt guilty about my recovery	What's the one thing I'd like others to remember about me?
What small act of kindness was I once shown that I will never forget?	Name one thing you like about yourself	Is there anyone in your life you're struggling to forgive? Why?	Name one supportive person in your life	Give someone in the room a compliment