S	O	B	E	R
Self-help support group	Addiction	Accountability	Has a sponsor	Pain pills
Meditation	Co-occurring disorder	Resentments	Money problems	Affirmations
Relapse	Steroids	**FREE**	Better communication	Meth
Honesty	Relationships	Inhalants	Programming	Learned behaviors
Nodding out	Psychosis	One Day at a time	Heroin	Has finished Step Nine

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S	O	B	E	R
Memory loss	Inhalants	Has fewer than 90 days clean/sober	Black outs	Celebrated a recovery milestone/Anniv within the past week
Meth	Meditation	Marijuana	Being Stagnant	Relationships
Positive coping strategies	Higher Power	**FREE**	Better communication	Resentments
Affirmations	Steroids	Honesty	Mental Health Court	Judgement
DUI	Has a sponsor	NNAMHS	Toxic patterns	Powerless

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S	O	B	E	R
Pain pills	Money problems	Programming	Better communication	Co-dependency
Nodding out	Meditation	DUI	One Day at a time	Mental Health Court
Addiction	Higher Power	**FREE**	Accountability	Marijuana
Co-occurring disorder	Meth	Self-help support group	Black outs	Trigger
Treatment	Toxic patterns	Being Stagnant	Positive coping strategies	Forgiveness

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