S	O	B	E	R
What is your definition of recovery?	Describe 1 fear you have about recovery	Name 2 barriers to success in recovery	What is a fun activity you'd like the enjoy clean?	Name 3 things you are grateful for
How has my addiction affected who I am as a person?	What is your definition of addiction?	Name a person you can turn to for support in your recovery	Give a compliment to a person in this room	Name something you lost in your addiction
What is your aftercare plan?	What parts of the body are affected by your use?	**FREE**	How did your addiction affect your health?	Name 2 lies you told yourself during your addiction
Name 2 of your triggers	What is something you do for self-care?	Name 3 positive strengths you have	Name 2 goals you have in your recovery	Name a high-risk situation that could cause me to relapse
Name 2 emotions that are triggers for you	How did your addiction affect your job?	Name one coping skill for stress	What recovery tools have you found the most helpful?	How many days do you have clean?

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S	O	B	E	R
What parts of the body are affected by your use?	Give a compliment to a person in this room	What is a fun activity you'd like the enjoy clean?	How has my addiction affected who I am as a person?	Name a person you can turn to for support in your recovery
Name 2 barriers to success in recovery	What recovery tools have you found the most helpful?	Name 3 things you are grateful for	How did your addiction affect your job?	Name something you lost in your addiction
Name 2 of your triggers	How did your addiction affect your health?	**FREE**	Name 2 lies you told yourself during your addiction	Describe 1 fear you have about recovery
Name 2 goals you have in your recovery	Name one coping skill for stress	What is your definition of recovery?	How many days do you have clean?	What is something you do for self-care?
Name 3 positive strengths you have	Name a high-risk situation that could cause me to relapse	What is your aftercare plan?	What is your definition of addiction?	Name 2 emotions that are triggers for you

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S	O	B	E	R
How did your addiction affect your job?	Name one coping skill for stress	Give a compliment to a person in this room	Name a high-risk situation that could cause me to relapse	How did your addiction affect your health?
What is your definition of recovery?	Name 2 of your triggers	Name 3 positive strengths you have	What is your definition of addiction?	Name 3 things you are grateful for
What is your aftercare plan?	How many days do you have clean?	**FREE**	What is something you do for self-care?	Name 2 goals you have in your recovery
What parts of the body are affected by your use?	Name something you lost in your addiction	What is a fun activity you'd like the enjoy clean?	What recovery tools have you found the most helpful?	Name 2 barriers to success in recovery
Name 2 lies you told yourself during your addiction	Describe 1 fear you have about recovery	Name a person you can turn to for support in your recovery	How has my addiction affected who I am as a person?	Name 2 emotions that are triggers for you

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