

S	O	B	E	R
self-help support group	90 days clean/sober	12-steps	PAWS	family
better communication	Has a sponsor	positive affirmations	break the cycle	motivation
Achieve goals	Triggers	FREE	Dharma recovery	addiction
healthy relationships	being intentional	exercise	medication	SMART recovery
Problem solving	boredom	Ask for help	boundaries	Accomplished Step Nine

S	O	B	E	R
motivation	Ask for help	forgiveness	Triggers	Achieve goals
addiction	positive affirmations	90 days clean/sober	self-help support group	break the cycle
family	boredom	FREE	Accomplished Step Nine	boundaries
Has a sponsor	PAWS	coping skills	sober supports	healthy relationships
Dharma recovery	exercise	12-steps	better communication	positive coping strategies

S	O	B	E	R
Ask for help	take responsibility	sober supports	Has a sponsor	Accomplished Step Nine
forgiveness	break the cycle	Meditation	90 days clean/sober	self-help support group
better communication	Dharma recovery	FREE	family	addiction
PAWS	boundaries	Triggers	Problem solving	exercise
positive coping strategies	Have a year sober/clean	healthy relationships	being intentional	12-steps