S	O	B	E	R
Stimulants	Addiction	Facts	SMART	Positive Affirmations
Dopamine	Sponsor	Relapse	Co-Occurring Disorder	Sober
This too shall pass	Coping Strategies	**FREE**	Isolating	Meditation
Shame	Pink Cloud	Resentments	Guilt	Purpose
Depressants	Secrets	Emotional/Mental/Physical	Twelve	Exercise

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S	O	B	E	R
This too shall pass	Twelve	Co-Occurring Disorder	Pink Cloud	Dopamine
SMART	Meditation	Facts	Purpose	Coping Strategies
Isolating	Addiction	**FREE**	Guilt	Resentments
Exercise	Stimulants	Emotional/Mental/Physical	Shame	Depressants
Positive Affirmations	Hallucinogens	Sober	Relapse	Sponsor

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S	O	B	E	R
Shame	Guilt	This too shall pass	Exercise	SMART
Secrets	Sober	Twelve	Pink Cloud	Coping Strategies
Resentments	Co-Occurring Disorder	**FREE**	Isolating	Facts
Hallucinogens	Positive Affirmations	Depressants	Addiction	Stimulants
Sponsor	Relapse	Meditation	Purpose	Emotional/Mental/Physical

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