S	O	B	E	R
Success	Addiction	Depression	Relationship issues	Objectifies others
Celebrated a recovery milestone/Anniv within the past week	Self-help support group	Positive self care	Affirmations	Relapse
Self awareness	Treatment	**FREE**	Avoiding potholes	High risk situation
Isolation	Resentments	Managing my feelings	Has fewer than 90 days	Positive coping strategies
Family	Better communication	Reaching out to treatment team	Trigger	Dealing with embarrassment

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S	O	B	E	R
Treatment	Affirmations	Relationship issues	Celebrated a recovery milestone/Anniv within the past week	Positive self care
Depression	Trigger	Objectifies others	Better communication	Relapse
Isolation	Avoiding potholes	**FREE**	High risk situation	Addiction
Has fewer than 90 days	Reaching out to treatment team	Success	Dealing with embarrassment	Resentments
Managing my feelings	Positive coping strategies	Self awareness	Self-help support group	Family

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S	O	B	E	R
Better communication	Reaching out to treatment team	Affirmations	Positive coping strategies	Avoiding potholes
Success	Isolation	Managing my feelings	Self-help support group	Objectifies others
Self awareness	Dealing with embarrassment	**FREE**	Resentments	Has fewer than 90 days
Treatment	Relapse	Relationship issues	Trigger	Depression
High risk situation	Addiction	Positive self care	Celebrated a recovery milestone/Anniv within the past week	Family

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