

Recovery is Possible

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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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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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