

S	O	B	E	R
Trigger	AA/NA meetings	Anxiety	Resentment	Forgiveness
Afraid to talk to counselors	Treatment	Relapse	Acceptance	Support
Understanding	Addiction	FREE SPACE	Drugs	Family
Sponsor	Focus	Relationships	Case Management	Positive Coping Skills
Affirmations	Self Medicate	Aftercare	Urges/Craving	Alcohol

S	O	B	E	R
Understanding	Urges/Craving	Acceptance	Focus	Afraid to talk to counselors
Resentment	Family	Anxiety	Positive Coping Skills	Addiction
Drugs	AA/NA meetings	FREE SPACE	Case Management	Relationships
Alcohol	Trigger	Aftercare	Sponsor	Affirmations
Forgiveness	Communication	Support	Relapse	Treatment

S	O	B	E	R
Sponsor	Case Management	Understanding	Alcohol	Resentment
Self Medicate	Support	Urges/Craving	Focus	Addiction
Relationships	Acceptance	FREE SPACE	Drugs	Anxiety
Communication	Forgiveness	Affirmations	AA/NA meetings	Trigger
Treatment	Relapse	Family	Positive Coping Skills	Aftercare