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Stressors	12-steps	Celebrated a Recovery Milestone within the past week	No	Find Spiritual Support
Anxiety	Sponsor or counselor	How my sleeping was affected	Acknowledging what I can and cannot change	My job
Resources	Trigger	Addiction	Depression	Affirmations
Exercising	Not take medications	Expectations of Others	Relapse warning sign	Co-occurring disorder
Groups or organizations	Children and/or Grandchildren	Advanced Copers	Meditation	Communication

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12-steps	Expectations of Others	Anxiety	Groups or organizations	Stressors
Advanced Copers	Unhealthy Boundaries	Trigger	Addiction	No
How my sleeping was affected	Celebrated a Recovery Milestone within the past week	Acknowledging what I can and cannot change	Affirmations	Depression
Exercising	Communication	Co-occurring disorder	My job	Meditation
Sponsor or counselor	Relapse warning sign	Resources	Find Spiritual Support	Children and/or Grandchildren

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Advanced Copers	Meditation	Acknowledging what I can and cannot change	Groups or organizations	Addiction
Sponsor or counselor	Stressors	Depression	Expectations of Others	Resources
Relapse warning sign	Anxiety	Co-occurring disorder	Trigger	Body Image
My job	No	Unhealthy Boundaries	Not take medications	Celebrated a Recovery Milestone within the past week
Communication	Find Spiritual Support	Affirmations	12-steps	How my sleeping was affected