

s	o	b	e	r
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	FREE	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

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

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