

S	O	B	E	R
Supportive	Optimism	Boundaries	Energize	Reassurance
Surrender	Open-minded	Be kind	Enlightenment	Restoration
Support group	Organization	FREE	Esteem	Rebuilding
Sobriety	Overcoming obstacles	Breakthrough	Emotional health	Rejuvenation
Stress management	Opportunities	Be mindful	Enjoyment	Routines

S	O	B	E	R
Self-love	Objectives	Be kind	Engage	Renewal
Sharing	Openness	Body scan	Encouragement	Restoration
Surrender	Overcome	FREE	Esteem	Reassurance
Sponsor	Ongoing practice	Boundaries	Embrace	Routines
Support group	Overcoming obstacles	Be mindful	Empathy	Resilience

S	O	B	E	R
Sponsor	Own it	Be kind	Engage	Relationships
Strength	Observe	Bravery	Endurance	Resolve
Self-love	Overcoming obstacles	FREE	Express	Resilience
Self-care	Open-minded	Be mindful	Empathy	Recovery
Support group	Opportunities	Breathing exercises	Embrace	Reconnecting