

S	O	B	E	R
self-help support group	Has a sponsor	Celebrated a recovery milestone/anniv within the past week	affirmations	money problems
family	Meditation	resentments	marijuana	Has fewer than 90 days clean/sober
meth	relapse	FREE	steroids	Has finished Step Nine
break the cycle	cancer	pain pills	ecstasy	memory loss
better communication	alcohol	heroin	High risk situation	inhalants

S	O	B	E	R
family	ecstasy	Has fewer than 90 days clean/sober	relationships	Have a year sober/clean
money problems	break the cycle	Has finished Step Nine	cancer	resentments
steroids	Has a sponsor	FREE	marijuana	heroin
inhalants	co-occurring disorder	Mental Health Court	affirmations	medication
meth	positive coping strategies	High risk situation	memory loss	Meditation

S	O	B	E	R
memory loss	heroin	inhalants	Has a sponsor	break the cycle
Celebrated a recovery milestone/anniv within the past week	ecstasy	Meditation	self-help support group	Have a year sober/clean
trigger	treatment	FREE	Mental Health Court	Has fewer than 90 days clean/sober
money problems	marijuana	addiction	steroids	family
High risk situation	meth	cancer	affirmations	Has finished Step Nine