

s	o	b	e	r
Anxiety	Body Image	Exercising	My job	Trigger
Advanced Copers	Celebrated a Recovery Milestone within the past week	How my sleeping was affected	Not take medications	Resources
12-steps	Communication	Clean	Relapse warning sign	Unhealthy Boundaries
Addiction	Children and/or Grandchildren	Groups or organizations	No	Stressors
Affirmations	Co-occurring disorder	Find Spiritual Support	Meditation	Sponsor or counselor

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

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