S	O	B	E	R
Sponsor	Affirmations	Honesty	Resentments	Personal Inventory
Gratitude	Sober support network	Positive coping strategies	Asking for help	Relapse
Serenity	Treatment	**FREE**	Commitment	Meditation
One Day at a Time	Self-help support group	People places things	Keep it simple	Positive Self-Talk
I am enough	Courage	Powerless	Trigger	HALT

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S	O	B	E	R
Treatment	Asking for help	Resentments	Gratitude	Positive coping strategies
Honesty	Trigger	Personal Inventory	Courage	Relapse
One Day at a Time	Commitment	**FREE**	Meditation	Affirmations
Keep it simple	Powerless	Sponsor	HALT	Self-help support group
People places things	Positive Self-Talk	Serenity	Sober support network	I am enough

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S	O	B	E	R
Courage	Powerless	Asking for help	Positive Self-Talk	Commitment
Sponsor	One Day at a Time	People places things	Sober support network	Personal Inventory
Serenity	HALT	**FREE**	Self-help support group	Keep it simple
Treatment	Relapse	Resentments	Trigger	Honesty
Meditation	Affirmations	Positive coping strategies	Gratitude	I am enough

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