

S	O	B	E	R
Relationships have improved	Able to identify triggers	Co-occurring disorder	Inhalants	Has not had a lapse in the last 30 days
Better communication	More time with family	Has use positive coping strategies this week	Addiction	History of meth
Money problems are improving	Resentments identified	EMERGENCY/ FREE SPACE	Affirmations	Has more than 30 days
Avoided a high risk situation this week	Has more than 60 days	Marijuana	Has more than 90 days	Meditation
Has experienced memory loss	Has reached out for support in the last week	Has a sponsor	Attendance at in self-help support group(s)	Heroin

S	O	B	E	R
Resentments identified	Marijuana	History of meth	Heroin	Meditation
Affirmations	Avoided a high risk situation this week	Has not had a lapse in the last 30 days	Better communication	Has reached out for support in the last week
Addiction	Has had a recurrence at some point	EMERGENCY/ FREE SPACE	Able to identify triggers	Has more than 90 days
Relationships have improved	Attendance at in self-help support group(s)	Treatment	Inhalants	Has use positive coping strategies this week
Co-occurring disorder	Has more than 30 days	Has more than 60 days	Has experienced memory loss	More time with family

S	O	B	E	R
Better communication	Meditation	Has more than 60 days	Inhalants	Able to identify triggers
Resentments identified	History of meth	Co-occurring disorder	Avoided a high risk situation this week	Has reached out for support in the last week
Has more than 30 days	Has had a recurrence at some point	EMERGENCY/ FREE SPACE	Affirmations	Addiction
Attendance at in self-help support group(s)	Money problems are improving	Has not had a lapse in the last 30 days	Has a sponsor	Heroin
More time with family	Relationships have improved	Has more than 90 days	Has experienced memory loss	Celebrated a recovery milestone within the past week