

|                                                      |                     |                            |                           |                     |
|------------------------------------------------------|---------------------|----------------------------|---------------------------|---------------------|
| <b>B</b>                                             | <b>I</b>            | <b>N</b>                   | <b>G</b>                  | <b>O</b>            |
| Self-help support group                              | Addiction           | Family                     | Narcotics                 | Marijuana           |
| Celebrated a recovery milestone within the past week | Resentments         | Memory loss                | Affirmations              | Money problems      |
| Relationships                                        | Set personal goals  | <b>FREE</b>                | Alcohol                   | Has worked Step One |
| Better communication                                 | High risk situation | Positive coping strategies | Identifying triggers      | Relapse             |
| Has a sponsor                                        | Meditation          | Gratitude Lists            | Been of service to others | Mental Health       |

|                         |                                    |                     |                                                      |                      |
|-------------------------|------------------------------------|---------------------|------------------------------------------------------|----------------------|
| <b>B</b>                | <b>I</b>                           | <b>N</b>            | <b>G</b>                                             | <b>O</b>             |
| Set personal goals      | Positive coping strategies         | Money problems      | Mental Health                                        | Relapse              |
| Alcohol                 | Better communication               | Marijuana           | Celebrated a recovery milestone within the past week | Meditation           |
| Affirmations            | Has fewer than 90 days clean/sober | <b>FREE</b>         | Addiction                                            | Identifying triggers |
| Self-help support group | Been of service to others          | Treatment           | Narcotics                                            | Memory loss          |
| Family                  | Has worked Step One                | High risk situation | Has a sponsor                                        | Resentments          |

|                                                      |                                    |                      |                      |                               |
|------------------------------------------------------|------------------------------------|----------------------|----------------------|-------------------------------|
| <b>B</b>                                             | <b>I</b>                           | <b>N</b>             | <b>G</b>             | <b>O</b>                      |
| Celebrated a recovery milestone within the past week | Relapse                            | High risk situation  | Narcotics            | Addiction                     |
| Set personal goals                                   | Money problems                     | Family               | Better communication | Meditation                    |
| Has worked Step One                                  | Has fewer than 90 days clean/sober | <b>FREE</b>          | Alcohol              | Affirmations                  |
| Been of service to others                            | Relationships                      | Marijuana            | Gratitude Lists      | Mental Health                 |
| Resentments                                          | Self-help support group            | Identifying triggers | Has a sponsor        | Co-occurring disorder/illness |