

s	o	b	e	r
Took meds today	Been to a SMART recovery meeting	Can recite the first step	Journalled this week	Explain ABC of CBT
Called a sober person this week	Shared at a meeting this week	Grounding skill	Been to an Al-Anon meeting	Have 5 sober support people
Reframed negative self-talk this week	Used music as a coping skill	FREE	Been to an NA meeting	Celebrated 60 days
Completed Step 1	Physical coping skill	DBT skill	Celebrated 30 days	Favorite recovery song
Can recite the serenity prayer	Breathing exercise	Has a sponsor	Used something from group this week	Can list 3 gratitudes

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Used music as a coping skill	Been to an Al-Anon meeting	Journalled this week	Called a sober person this week	Grounding skill
Can recite the first step	Used something from group this week	Explain ABC of CBT	Breathing exercise	Have 5 sober support people
Completed Step 1	Been to an NA meeting	FREE	Celebrated 60 days	Been to a SMART recovery meeting
Celebrated 30 days	Has a sponsor	Took meds today	Can list 3 gratitudes	Physical coping skill
DBT skill	Favorite recovery song	Reframed negative self-talk this week	Shared at a meeting this week	Can recite the serenity prayer

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Breathing exercise	Has a sponsor	Been to an Al-Anon meeting	Favorite recovery song	Been to an NA meeting
Took meds today	Completed Step 1	DBT skill	Shared at a meeting this week	Explain ABC of CBT
Reframed negative self-talk this week	Can list 3 gratitudes	FREE	Physical coping skill	Celebrated 30 days
Used music as a coping skill	Have 5 sober support people	Journalled this week	Used something from group this week	Can recite the first step
Celebrated 60 days	Been to a SMART recovery meeting	Grounding skill	Called a sober person this week	Can recite the serenity prayer