

S	O	B	E	R
I've stayed silent to avoid conflict (Trap!)	I know one of my triggers and how to handle it	I have a sober support person I can call	I've chosen rest over rescuing	I've mistaken being needed for being loved
I've had to rebuild trust with someone	I've been honest about my feelings this week	I've seen progress in myself I used to overlook	I've let go of trying to control someone	I use a healthy coping skill daily
I've made a daily gratitude list	I've said "no" without explaining myself	I've surprised myself with my strength	I use a mantra or affirmation to stay grounded	I've journaled about my progress
I've felt fear that someone will leave if I set a boundary	I've asked for help without guilt	I've felt guilty for putting myself first	I've said how I feel without trying to fix someone	I've focused on my own needs this week
I've let someone solve their own problem	I've said no to something that used to tempt me	I've encouraged someone else in this group	I've cried and felt relief afterward	I've helped someone else in recovery

S	O	B	E	R
I've felt guilty for putting myself first	I've created a new habit that supports my recovery	I'm learning to separate others' emotions from my own	I've apologized as part of making amends	I've identified one of my core beliefs
I've had to rebuild trust with someone	I've focused on my own needs this week	I use a healthy coping skill daily	I've said "no" without explaining myself	I've practiced self-compassion
I've felt fear that someone will leave if I set a boundary	I use a mantra or affirmation to stay grounded	I've set a boundary that made me uncomfortable	I've surprised myself with my strength	I've seen progress in myself I used to overlook
I know one of my triggers and how to handle it	I've journaled about my progress	I've mistaken being needed for being loved	I've helped someone else in recovery	I've been honest about my feelings this week
I've chosen rest over rescuing	I've let someone solve their own problem	I've made a daily gratitude list	I've let go of trying to control someone	I've said how I feel without trying to fix someone

S	O	B	E	R
I use a mantra or affirmation to stay grounded	I've apologized as part of making amends	I've let someone solve their own problem	I've had to rebuild trust with someone	I've been honest about my feelings this week
I've made a daily gratitude list	I've identified one of my core beliefs	I know one of my triggers and how to handle it	I've felt fear that someone will leave if I set a boundary	I have a sober support person I can call
I've focused on my own needs this week	I've stayed silent to avoid conflict (Trap!)	I'm learning to separate others' emotions from my own	I've visualized a life free from codependency or addiction	I've survived a really hard day recently
I've mistaken being needed for being loved	I've journaled about my progress	I've caught myself people-pleasing and paused	I've surprised myself with my strength	I use a healthy coping skill daily
I've felt guilty for putting myself first	I've chosen rest over rescuing	I've cried and felt relief afterward	I've asked for help without guilt	I've set a boundary that made me uncomfortable