S	O	B	E	R
Steroids	Addiction	Has fewer than 90 days clean/sober	Positive coping strategies	Memory loss
Family troubles	Self-help support group	Money problems	Affirmations	Pain pills
Resentments	Treatment	**FREE**	Better communication	Inhalants
Co-occurring disorder	Marijuana	Relapse	Meditation coping Skills	Relationships
Heroin	Mental Health Court	Has more than 1 week clean	Celebrated a recovery milestone/Anniv within the past week	Opioids

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S	O	B	E	R
Treatment	Relapse	Pain pills	Opioids	Relationships
Better communication	Co-occurring disorder	Memory loss	Family troubles	Mental Health Court
Affirmations	High risk situation	**FREE**	Addiction	Meditation coping Skills
Steroids	Celebrated a recovery milestone/Anniv within the past week	Trigger	Positive coping strategies	Money problems
Has fewer than 90 days clean/sober	Inhalants	Marijuana	Heroin	Self-help support group

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S	O	B	E	R
Family troubles	Relationships	Marijuana	Positive coping strategies	Addiction
Treatment	Pain pills	Has fewer than 90 days clean/sober	Co-occurring disorder	Mental Health Court
Inhalants	High risk situation	**FREE**	Better communication	Affirmations
Celebrated a recovery milestone/Anniv within the past week	Resentments	Memory loss	Has more than 1 week clean	Opioids
Self-help support group	Steroids	Meditation coping Skills	Heroin	Has a sponsor

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