S	O	B	E	R
resentments	ASAP	7 Challenges	Has fewer than 90 days clean/sober	family
Self Talk	Challenge 7	pain pills	better communication	Challenge 1
ecstasy	memory loss	**FREE**	self-help support group	Challenge 3
alcohol	Probation	meth	Rehab	marijuana
Second Chances	co-occurring disorder	Self Reflection	medication	Meditation

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S	O	B	E	R
meth	Probation	Higher Power	addiction	Rehab
High risk situation	Challenge 3	Challenge 5	alcohol	Setting Goals
Self Reflection	Challenge 2	**FREE**	Challenge 4	heroin
NNAMHS	pain pills	Challenge 1	self-help support group	money problems
Brain damage	family	affirmations	Relapse	Dependence

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S	O	B	E	R
Have a year sober/clean	meth	cancer	steroids	heroin
ecstasy	break the cycle	marijuana	Challenge 3	Challenge 6
Setting Goals	Dependence	**FREE**	co-occurring disorder	addiction
affirmations	ASAP	NNAMHS	7 Challenges	Self Talk
Challenge 7	positive coping strategies	Challenge 4	treatment	strength

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