

S	O	B	E	R
resentments	ASAP	7 Challenges	High risk situation	illegal
alcohol	Detox	prescription drugs	depression	Challenge 1
highs/ lows	money problems	FREE	self-help support group	Challenge 3
co-occurring disorder	Relapse	pain pills	Dependence	Self Reflection
medication	Setting Goals	heroin	addiction	meth

S	O	B	E	R
highs/ lows	NNAMHS	pain pills	Relapse	Mental Health Court
better communication	Self Reflection	Meditation	Challenge 4	Challenge 6
cancer	alcohol	FREE	affirmations	Challenge 2
Challenge 5	inhalants	Challenge 3	prescription drugs	Challenge 1
self-help support group	positive coping strategies	Brain damage	co-occurring disorder	illegal

S	O	B	E	R
better communication	Challenge 2	Second Chances	cancer	pain pills
Self Talk	alcohol	Detox	High risk situation	family
side effects	marijuana	FREE	highs/ lows	depression
memory loss	Challenge 4	Challenge 7	heroin	break the cycle
Brain damage	Relapse	7 Challenges	affirmations	Dependence