

S	O	B	E	R
Trigger	AA/NA meetings	Anxiety	Self Medicate	Forgiveness
Aftercare	Treatment	Relapse	Acceptance	Resentment
Support	Understanding	FREE	Affirmations	Drugs
Family	Sponsor	Focus	Communication	Positive Coping Skills
Case Management	Afraid to talk to counselors	Relationships	Urges/Craving	Alcohol

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Understanding	Acceptance	Self Medicate	Aftercare	Relapse
Anxiety	Urges/Craving	Forgiveness	Afraid to talk to counselors	Resentment
Family	Affirmations	FREE	Drugs	AA/NA meetings
Communication	Relationships	Trigger	Alcohol	Sponsor
Focus	Positive Coping Skills	Support	Treatment	Case Management

S	O	B	E	R
Afraid to talk to counselors	Relationships	Acceptance	Positive Coping Skills	Affirmations
Trigger	Family	Focus	Treatment	Forgiveness
Support	Alcohol	FREE	Sponsor	Communication
Understanding	Resentment	Self Medicate	Urges/Craving	Anxiety
Drugs	AA/NA meetings	Relapse	Aftercare	Case Management