

S	O	B	E	R
strength	AA/NA	12 steps	Recovery Church	positive affirmations
family	God	stinkin-thinkin	healthy habits	Boundaries
relapse prevention	support	RECOVERY (FREE SPACE)	Church	healing
change	councilor	progress	courage	peer support
rehab	accountability	coping skills	growth	Triggers

S	O	B	E	R
Control	Empowerment	healing	goal setting	family
Boundaries	relapse prevention	positive thinking	change	Church
coping skills	stinkin-thinkin	RECOVERY (FREE SPACE)	support	sobriety
AA/NA	positive affirmations	councilor	Gratitude	Recovery Church
mindfulness	healthy habits	rehab	peer support	growth

S	O	B	E	R
growth	AA/NA	change	12 steps	family
God	healing	strength	Control	trauma
the big book	Gratitude	RECOVERY (FREE SPACE)	Boundaries	positive thinking
healthy habits	Motivation	support	Empowerment	positive affirmations
coping skills	Recovery Church	Church	councilor	accountability