

C	L	E	A	N
self-care	Believe	Amends	Home Group	Take 3 deep breaths
Positive self-talk	Empowerment	narcan	Self-worth	Care and Concern
Structure	giving back	DRUG FREE SPACE	Communication	Self-love
Look at family photos	Each One Teach One	Meditation	Write about it	Peer support
Sponsor or counselor	avoid high risk situations	Inspiration to others	Humility	Relapse warning sign

C	L	E	A	N
Meditation	Honesty	Communication	Determination	Relaxation
Positive self-talk	People places things hitting bottom	Change	giving back	Community
Take 3 deep breaths	Look at family photos	DRUG FREE SPACE	narcan	Care and Concern
self-esteem	gratitude	Self-love	Relapse warning sign	Motivation
Empowerment	Home Group	Spirituality	Walking	Structure

C	L	E	A	N
Self-worth	Write about it	Communication	Determination	Spirituality
Positive self-talk	Empowerment	Sponsor or counselor	Relapse warning sign	Relaxation
Believe	Look at family photos	DRUG FREE SPACE	Amends	People places things hitting bottom
open for information	Community	willingness	tools	Change
Take 3 deep breaths	Self-love	Good sleeping habits	self-esteem	Care and Concern