

S	O	B	E	R
Therapy	Affirmations	High risk situation	Self Care	Overconfidence
Healthy Eating	Sponsor	Relapse Prevention	Circle of Control	Routine
Sleep	Treatment	FREE	Communication	Memory loss
Mindfulness	Self-help support group	Money problems	Meetings	Positive coping strategies
Meditation	Deep Breathing	Resentments	Trigger	Healthy Relationships

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Treatment	Circle of Control	Self Care	Healthy Eating	Relapse Prevention
High risk situation	Trigger	Overconfidence	Deep Breathing	Routine
Mindfulness	Communication	FREE	Memory loss	Affirmations
Meetings	Resentments	Therapy	Healthy Relationships	Self-help support group
Money problems	Positive coping strategies	Sleep	Sponsor	Meditation

S	O	B	E	R
Deep Breathing	Resentments	Circle of Control	Positive coping strategies	Communication
Therapy	Mindfulness	Money problems	Sponsor	Overconfidence
Sleep	Healthy Relationships	FREE	Self-help support group	Meetings
Treatment	Routine	Self Care	Trigger	High risk situation
Memory loss	Affirmations	Relapse Prevention	Healthy Eating	Meditation