

# sobriety

k

11

11

h

11

11

k

12

11

eat

j

m

recovery

11

11

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j

11

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11

11

deep  
breath

t

11

# sobriety

m

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h

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12

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t

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eat

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recovery

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11

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deep  
breath

k

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j

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j

k

11

# sobriety

|    |                |          |    |    |
|----|----------------|----------|----|----|
| 11 | deep<br>breath | 11       | 11 | 11 |
| k  | 11             | 11       | k  | 11 |
| j  | 11             | recovery | j  | 11 |
| m  | eat            | h        | t  | 11 |
| 11 | 11             | 12       | 11 | 11 |