

S	O	B	E	R
trigger	CBT	High risk situation	relationships	insanity
Has finished Step One	surrender	quote from 12 step literature	F.E.A.R	sanity
unmanageability	G.O.D	FREE	powerlessness	S.O.B.E.R
Has fewer than 90 days	craving	resentments	give example of an affirmation	relapse
reservation	Name an asset	Name a character defect	positive coping strategies	H.A.L.T

S	O	B	E	R
powerlessness	insanity	G.O.D	sanity	H.A.L.T
resentments	S.O.B.E.R	craving	surrender	F.E.A.R
unmanageability	relationships	FREE	positive coping strategies	Has finished Step One
High risk situation	quote from 12 step literature	reservation	Has fewer than 90 days	relapse
CBT	trigger	wrote on their step/packet last night	Has finished step two	Name a character defect

S	O	B	E	R
powerlessness	Has finished Step One	relapse	Has finished step two	F.E.A.R
CBT	wrote on their step/package last night	High risk situation	unmanageability	Has fewer than 90 days
surrender	reservation	FREE	give example of an affirmation	relationships
H.A.L.T	positive coping strategies	craving	S.O.B.E.R	G.O.D
sanity	insanity	Name a character defect	quote from 12 step literature	trigger