

s	o	b	e	r
Stressors	Acknowledging what I can and cannot change	Depression	No	Going to meetings and support groups
Body Image	Sponsor or counselor	How my sleeping was affected	Advanced Copers	Resources
Unhealthy Boundaries	Anxiety	Clean	Healthy Boundaries	Expectations of Others
Beginning Copers	Find Spiritual Support	Not take medications	Get support	My job
Relapse warning sign	Exercising	Do something I do well	Groups or organizations	Avoiding 'dangerous' people places or things

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Healthy Boundaries	Going to meetings and support groups	Anxiety	Resources	Avoiding 'dangerous' people places or things
Not take medications	Expectations of Others	Find Spiritual Support	Sponsor or counselor	Advanced Copers
Unhealthy Boundaries	No	Clean	Groups or organizations	Body Image
Depression	How my sleeping was affected	Relapse warning sign	Beginning Copers	My job
Acknowledging what I can and cannot change	Stressors	Unhealthy coping	Children and/or Grandchildren	Do something I do well

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Healthy Boundaries	Body Image	My job	Children and/or Grandchildren	Advanced Copers
Acknowledging what I can and cannot change	Unhealthy coping	Depression	Unhealthy Boundaries	Beginning Copers
Sponsor or counselor	Relapse warning sign	Clean	Get support	No
Avoiding 'dangerous' people places or things	Groups or organizations	Find Spiritual Support	Expectations of Others	Anxiety
Resources	Going to meetings and support groups	Do something I do well	How my sleeping was affected	Stressors