

s	o	b	e	r
Stressors	Acknowledging what I can and cannot change	12-steps	Children and/or Grandchildren	My job
Find Spiritual Support	Avoiding 'dangerous' people places or things	Sponsor or counselor	Healthy Boundaries	Addiction
My job	Relapse warning sign	Clean	Trigger	Advanced Copers
Groups or organizations	Do something I do well	Expectations of Others	Not take medications	Financial Relationship Legal problems
Meditation	Relapse warning sign	Relapse	Meditation	Communication

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Relapse warning sign	Exercising	Communication	Going to meetings and support groups	Expectations of Others
Co-occurring disorder	Affirmations	Anxiety	Groups or organizations	Get support
Find Spiritual Support	Addiction	Clean	Affirmations	No
Do something I do well	Advanced Copers	Exercising	Sponsor or counselor	Addiction
Trigger	Resources	Acknowledging what I can and cannot change	Groups or organizations	My job

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Get support	Advanced Copers	Exercising	Groups or organizations	Resources
Expectations of Others	Get support	Beginning Copers	Children and/or Grandchildren	How my sleeping was affected
Trigger	No	Clean	My job	Healthy Boundaries
Relapse	Advanced Copers	Anxiety	How my sleeping was affected	Meditation
Going to meetings and support groups	Going to meetings and support groups	Acknowledging what I can and cannot change	Do something I do well	12-steps