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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
Relapse warning sign	Trigger	Clean	Advanced Copers	Groups or organizations
Do something I do well	Expectations of Others	Not take medications	Financial Relationship Legal problems	Meditation
Relapse	Communication	Exercising	Going to meetings and support groups	Co-occurring disorder

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Affirmations	Anxiety	Groups or organizations	Get support	Find Spiritual Support
Addiction	Relapse warning sign	No	Do something I do well	Advanced Copers
Exercising	Sponsor or counselor	Clean	Trigger	Resources
Acknowledging what I can and cannot change	My job	Expectations of Others	Beginning Copers	Children and/or Grandchildren
How my sleeping was affected	Healthy Boundaries	Relapse	Meditation	Going to meetings and support groups

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Going to meetings and support groups	Acknowledging what I can and cannot change	Do something I do well	12-steps	Find Spiritual Support
Avoiding 'dangerous' people places or things	Groups or organizations	Stressors	Affirmations	Unhealthy coping
Unhealthy Boundaries	Beginning Copers	Clean	Addiction	No
Healthy Boundaries	Celebrated a Recovery Milestone within the past week	Trigger	Anxiety	My job
Exercising	Children and/or Grandchildren	Advanced Copers	Expectations of Others	Communication