

|                       |                         |                                                      |                                            |                        |
|-----------------------|-------------------------|------------------------------------------------------|--------------------------------------------|------------------------|
| <b>s</b>              | <b>o</b>                | <b>b</b>                                             | <b>e</b>                                   | <b>r</b>               |
| Stressors             | 12-steps                | Celebrated a Recovery Milestone within the past week | No                                         | Find Spiritual Support |
| Anxiety               | Sponsor or counselor    | How my sleeping was affected                         | Acknowledging what I can and cannot change | My job                 |
| Resources             | Trigger                 | Clean                                                | Addiction                                  | Depression             |
| Affirmations          | Exercising              | Not take medications                                 | Expectations of Others                     | Relapse warning sign   |
| Co-occurring disorder | Groups or organizations | Children and/or Grandchildren                        | Advanced Copers                            | Meditation             |

|                                                      |                      |                        |                       |                              |
|------------------------------------------------------|----------------------|------------------------|-----------------------|------------------------------|
| <b>s</b>                                             | <b>o</b>             | <b>b</b>               | <b>e</b>              | <b>r</b>                     |
| Trigger                                              | Not take medications | My job                 | Meditation            | Relapse warning sign         |
| Addiction                                            | Affirmations         | Find Spiritual Support | Anxiety               | Groups or organizations      |
| Acknowledging what I can and cannot change           | Communication        | Clean                  | 12-steps              | Expectations of Others       |
| Stressors                                            | Advanced Copers      | Unhealthy Boundaries   | No                    | How my sleeping was affected |
| Celebrated a Recovery Milestone within the past week | Depression           | Exercising             | Co-occurring disorder | Sponsor or counselor         |

|                            |                            |                                                                  |                                     |                                                  |
|----------------------------|----------------------------|------------------------------------------------------------------|-------------------------------------|--------------------------------------------------|
| <b>s</b>                   | <b>o</b>                   | <b>b</b>                                                         | <b>e</b>                            | <b>r</b>                                         |
| Anxiety                    | Relapse<br>warning<br>sign | Exercising                                                       | No                                  | 12-steps                                         |
| Trigger                    | My job                     | Celebrated a<br>Recovery<br>Milestone<br>within the<br>past week | Affirmations                        | Groups or<br>organizations                       |
| Depression                 | Communication              | Clean                                                            | Addiction                           | Acknowledging<br>what I can and<br>cannot change |
| Advanced<br>Copers         | Resources                  | Find<br>Spiritual<br>Support                                     | Children<br>and/or<br>Grandchildren | Meditation                                       |
| Sponsor<br>or<br>counselor | Stressors                  | Expectations<br>of Others                                        | Co-occurring<br>disorder            | Body<br>Image                                    |