

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	My job	Trigger
Advanced Copers	Groups or organizations	Do something I do well	Relapse warning sign	Avoiding 'dangerous' people places or things
Expectations of Others	Not take medications	Financial Relationship Legal problems	Meditation	Relapse warning sign

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Financial Relationship Legal problems	Relapse	Meditation	Communication	Relapse warning sign
Exercising	Communication	Going to meetings and support groups	Expectations of Others	Co-occurring disorder
Affirmations	Anxiety	Clean	Groups or organizations	Get support
Find Spiritual Support	Addiction	Relapse warning sign	Affirmations	No
Do something I do well	Advanced Copers	Exercising	Sponsor or counselor	Addiction

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Trigger	Resources	Acknowledging what I can and cannot change	Groups or organizations	My job
Get support	Advanced Copers	Exercising	Groups or organizations	Resources
Expectations of Others	Get support	Clean	Beginning Copers	Children and/or Grandchildren
How my sleeping was affected	Trigger	No	My job	Healthy Boundaries
Relapse	Advanced Copers	Anxiety	How my sleeping was affected	Beginning Copers