

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

|                    |                            |                            |                              |                              |
|--------------------|----------------------------|----------------------------|------------------------------|------------------------------|
| <b>s</b>           | <b>o</b>                   | <b>b</b>                   | <b>e</b>                     | <b>r</b>                     |
| Relapse            | Meditation                 | Communication              | Relapse<br>warning<br>sign   | Do<br>something<br>I do well |
| Communication      | Get<br>support             | Expectations<br>of Others  | Co-occurring<br>disorder     | Affirmations                 |
| Anxiety            | Groups or<br>organizations | Clean                      | Find<br>Spiritual<br>Support | Find<br>Spiritual<br>Support |
| Addiction          | Relapse<br>warning<br>sign | Anxiety                    | My job                       | Do<br>something<br>I do well |
| Advanced<br>Copers | Exercising                 | Sponsor<br>or<br>counselor | Addiction                    | Trigger                      |

|                        |                                            |                                      |                               |                              |
|------------------------|--------------------------------------------|--------------------------------------|-------------------------------|------------------------------|
| <b>s</b>               | <b>o</b>                                   | <b>b</b>                             | <b>e</b>                      | <b>r</b>                     |
| Resources              | Acknowledging what I can and cannot change | Groups or organizations              | My job                        | Get support                  |
| Advanced Copers        | Exercising                                 | Going to meetings and support groups | Relapse warning sign          | Expectations of Others       |
| Find Spiritual Support | Beginning Copers                           | Clean                                | Children and/or Grandchildren | How my sleeping was affected |
| Trigger                | No                                         | Meditation                           | Healthy Boundaries            | Not take medications         |
| Affirmations           | Anxiety                                    | How my sleeping was affected         | Beginning Copers              | Meditation                   |