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

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

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s	o	b	e	r
Groups or organizations	My job	Get support	Advanced Copers	Exercising
Groups or organizations	Relapse warning sign	Expectations of Others	Get support	Beginning Copers
Children and/or Grandchildren	How my sleeping was affected	Clean	Trigger	No
My job	Healthy Boundaries	Not take medications	Advanced Copers	Avoiding 'dangerous' people places or things
How my sleeping was affected	Beginning Copers	Meditation	Going to meetings and support groups	Going to meetings and support groups

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