

s	o	b	e	r
Stressors	Acknowledging what I can and cannot change	12-steps	Children and/or Grandchildren	No
Get support	Avoiding 'dangerous' people places or things	Sponsor or counselor	Healthy Boundaries	Addiction
My job	Relapse warning sign	Clean	Trigger	Advanced Copers
Healthy Boundaries	Exercising	Avoiding 'dangerous' people places or things	Expectations of Others	Not take medications
Find Spiritual Support	Meditation	Relapse	Relapse	My job

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Depression	Relapse warning sign	Exercising	Communication	Going to meetings and support groups
Expectations of Others	Co-occurring disorder	Advanced Copers	Anxiety	Groups or organizations
Get support	Find Spiritual Support	Clean	Addiction	Relapse warning sign
Affirmations	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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Healthy Boundaries	No	Get support	Addiction	Exercising
Groups or organizations	Relapse warning sign	Expectations of Others	Get support	Beginning Copers
Co-occurring disorder	How my sleeping was affected	Clean	Trigger	No
My job	Healthy Boundaries	Not take medications	Advanced Copers	Anxiety
Meditation	Get support	Meditation	Going to meetings and support groups	Going to meetings and support groups