

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

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My job	Communication	Relapse warning sign	Exercising	Communication
Going to meetings and support groups	Expectations of Others	Co-occurring disorder	Advanced Copers	Affirmations
Healthy Boundaries	Get support	Clean	Find Spiritual Support	Addiction
Resources	Affirmations	No	Do something I do well	Advanced Copers
Exercising	Sponsor or counselor	Addiction	Trigger	Resources

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Acknowledging what I can and cannot change	Healthy Boundaries	No	Going to meetings and support groups	Addiction
Exercising	Groups or organizations	Resources	Expectations of Others	Get support
Avoiding 'dangerous' people places or things	Children and/or Grandchildren	Clean	Meditation	Unhealthy Boundaries
No	My job	How my sleeping was affected	Relapse	Advanced Copers
Anxiety	Meditation	Meditation	Groups or organizations	Groups or organizations