

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	Trigger	Advanced Copers
Healthy Boundaries	Do something I do well	Anxiety	Exercising	Not take medications
Financial Relationship Legal problems	Meditation	Relapse warning sign	Relapse	My job

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Communication	Relapse warning sign	Do something I do well	Communication	Going to meetings and support groups
Exercising	Co-occurring disorder	Advanced Copers	Affirmations	Groups or organizations
Get support	Find Spiritual Support	Clean	Addiction	Affirmations
No	Do something I do well	Advanced Copers	Exercising	Sponsor or counselor
Acknowledging what I can and cannot change	Trigger	Resources	Acknowledging what I can and cannot change	Healthy Boundaries

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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
How my sleeping was affected	Unhealthy Boundaries	Clean	No	My job
How my sleeping was affected	Relapse	Advanced Copers	Anxiety	Meditation
Meditation	Going to meetings and support groups	Acknowledging what I can and cannot change	Do something I do well	12-steps