

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

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

|                                     |                                       |                                                |                            |                                                  |
|-------------------------------------|---------------------------------------|------------------------------------------------|----------------------------|--------------------------------------------------|
| <b>s</b>                            | <b>o</b>                              | <b>b</b>                                       | <b>e</b>                   | <b>r</b>                                         |
| Healthy<br>Boundaries               | No                                    | Going to<br>meetings<br>and support<br>groups  | Addiction                  | Exercising                                       |
| Groups or<br>organizations          | Resources                             | Financial<br>Relationship<br>Legal<br>problems | Get<br>support             | Beginning<br>Copers                              |
| Children<br>and/or<br>Grandchildren | How my<br>sleeping<br>was<br>affected | Clean                                          | Unhealthy<br>Boundaries    | Not take<br>medications                          |
| My job                              | How my<br>sleeping<br>was<br>affected | Relapse                                        | Advanced<br>Copers         | Anxiety                                          |
| Meditation                          | Meditation                            | Going to<br>meetings<br>and support<br>groups  | Groups or<br>organizations | Acknowledging<br>what I can and<br>cannot change |