

s	o	b	e	r
Unhealthy Boundaries	12-steps	Children and/or Grandchildren	Relapse	Healthy Boundaries
Beginning Copers	Trigger	How my sleeping was affected	Acknowledging what I can and cannot change	No
Stressors	Unhealthy Boundaries	Clean	Addiction	Exercising
Affirmations	Financial Relationship Legal problems	Relapse warning sign	Going to meetings and support groups	Resources
Communication	Healthy Boundaries	Co-occurring disorder	Advanced Copers	Meditation

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Unhealthy Boundaries	Relapse warning sign	No	Meditation	Resources
Addiction	Affirmations	Healthy Boundaries	Beginning Copers	Healthy Boundaries
Acknowledging what I can and cannot change	Depression	Clean	12-steps	Going to meetings and support groups
Unhealthy Boundaries	Advanced Copers	Unhealthy coping	Relapse	How my sleeping was affected
Children and/or Grandchildren	Exercising	Financial Relationship Legal problems	Communication	Trigger

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Beginning Copers	Resources	Financial Relationship Legal problems	Relapse	12-steps
Unhealthy Boundaries	No	Children and/or Grandchildren	Affirmations	Healthy Boundaries
Exercising	Depression	Clean	Addiction	Acknowledging what I can and cannot change
Advanced Copers	Stressors	Healthy Boundaries	Co-occurring disorder	Meditation
Trigger	Unhealthy Boundaries	Going to meetings and support groups	Communication	Celebrated a Recovery Milestone within the past week