

s	o	b	e	r
Stressors	12-steps	Children and/or Grandchildren	No	Find Spiritual Support
Body Image	Sponsor or counselor	How my sleeping was affected	Acknowledging what I can and cannot change	My job
Resources	Trigger	DRUG FREE SPACE	Addiction	Drop
Anxiety	Exercising	Not take medications	Expectations of Others	Relapse warning sign
Communication	Groups or organizations	Co-occurring disorder	Affirmations	Meditation

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Trigger	Not take medications	My job	Meditation	Relapse warning sign
Addiction	Anxiety	Find Spiritual Support	Body Image	Groups or organizations
Acknowledging what I can and cannot change	Depression	DRUG FREE SPACE	12-steps	Expectations of Others
Stressors	Affirmations	Unhealthy Boundaries	No	How my sleeping was affected
Children and/or Grandchildren	Drop	Exercising	Communication	Sponsor or counselor

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Body Image	Relapse warning sign	Exercising	No	12-steps
Trigger	My job	Children and/or Grandchildren	Anxiety	Groups or organizations
Drop	Depression	DRUG FREE SPACE	Addiction	Acknowledging what I can and cannot change
Affirmations	Resources	Find Spiritual Support	Co-occurring disorder	Meditation
Sponsor or counselor	Stressors	Expectations of Others	Communication	Celebrated a Recovery Milestone within the past week