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Structure	12-steps	Co-occurring disorder	Not take medications	Groups or organizations
Body Image	Stressors	Job search	Acknowledging what I can and cannot change	Sister's Keeper
Addiction	How my sleeping was affected	DRUG FREE SPACE	Escort Procedure	Sponsor or counselor
Exercising	Resources	Expectations of Others	Meditation	Depression
Communication	Higher Power	Affirmations	Anxiety	Relapse warning sign

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Drop	Addiction	Escort Procedure	Stressors	Acknowledging what I can and cannot change
Structure	Sponsor or counselor	How my sleeping was affected	Not take medications	Higher Power
Exercising	Groups or organizations	DRUG FREE SPACE	Body Image	Co-occurring disorder
Job search	Trigger	Relapse warning sign	Resources	Affirmations
Anxiety	Meditation	12-steps	Expectations of Others	Unhealthy Boundaries

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Trigger	Care and Concern	Addiction	Relapse warning sign	Body Image
How my sleeping was affected	Chain of Command	Unhealthy Boundaries	Acknowledging what I can and cannot change	Structure
Expectations of Others	Anxiety	DRUG FREE SPACE	Not take medications	Escort Procedure
Co-occurring disorder	Drop	12-steps	Communication	Higher Power
Meditation	Stressors	Resources	Exercising	Sister's Keeper