

S	O	B	E	R
treatment	CBT	cognitive distortions	preparation	external triggers
action	support system	maintenance	High risk situation	pre-contemplation
relationships	urges	FREE	Meditation	cravings
effective communication	relapse	enabling	contemplation	internal triggers
compulsive	Step 1	positive coping skills	withdrawal	addiction

S	O	B	E	R
urges	High risk situation	preparation	action	maintenance
cognitive distortions	withdrawal	external triggers	Step 1	pre-contemplation
effective communication	Meditation	FREE	cravings	CBT
contemplation	positive coping skills	treatment	addiction	relapse
enabling	internal triggers	relationships	support system	compulsive

S	O	B	E	R
Step 1	positive coping skills	High risk situation	internal triggers	Meditation
treatment	effective communication	enabling	support system	external triggers
relationships	addiction	FREE	relapse	contemplation
urges	pre-contemplation	preparation	withdrawal	cognitive distortions
cravings	CBT	maintenance	action	compulsive