

stress

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

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

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Unhealthy Boundaries	Beginning Copers	Addiction	Relapse	Anxiety
How my sleeping was affected	Celebrated a Recovery Milestone within the past week	Unhealthy coping	Acknowledging what I can and cannot change	Unhealthy Boundaries
Going to meetings and support groups	Affirmations	Clean	No	Exercising
Children and/or Grandchildren	Depression	12-steps	Co-occurring disorder	Healthy Boundaries
No	Trigger	Relapse warning sign	Financial Relationship Legal problems	Resources