S	O	B	E	R
Trigger	Affirmations	Addiction	Has a sponsor	Relapse
Methadone	Coping Skills	Stress Management	Pain pills	Anxiety
Self-help support group	Wellness	**FREE**	Better communication	Marijuana
Steroids	Memory loss	Resentments	Mental Health	Positive supports
Problem Solving	Inhalants	High risk situation	Money problems	Heroin

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S	O	B	E	R
Celebrated a recovery milestone	Co-occurring disorder	Networking	Methadone	Meth
Better communication	Steroids	Relationships	Marijuana	Meditation
Stress Management	Anxiety	**FREE**	Wellness	Affirmations
Pain pills	Relapse	Money problems	Memory loss	Depression
Has a sponsor	Positive supports	Problem Solving	Positive Self-Talk	Safety Plan

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S	O	B	E	R
Celebrated a recovery milestone	Conflict Resolution	Positive supports	Methadone	Coping Skills
Problem Solving	Money problems	Affirmations	Marijuana	Addiction
Meth	Networking	**FREE**	Trigger	Co-occurring disorder
clean/sober	Withdrawal	Depression	Better communication	Relationships
Pain pills	Goals	Wellness	Anxiety	Relapse

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