

S	O	B	E	R
Self-help support group	Addiction	Family	Positive coping strategies	Meditation
Cope	Self esteem	Money problems	Affirmations	Pain pills
Resentments	Better communication	FREE	Mental Health Court	Has finished Step Nine
High risk situation	Relapse	Let it go	NNAMHS	Relationships
Has fewer than 90 days clean/sober	Has a sponsor	Memory loss	Celebrated a recovery milestone/Anniv within the past week	Co-occurring disorder

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Mental Health Court	Meditation	Better communication	Resentments	Celebrated a recovery milestone/Anniv within the past week
Positive coping strategies	Has finished Step Nine	High risk situation	Self esteem	Affirmations
Treatment	Memory loss	FREE	Cope	Family
NNAMHS	Pain pills	Money problems	Relapse	Co-occurring disorder
Addiction	Self-help support group	Trigger	Employment	Has a sponsor

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Mental Health Court	Cope	NNAMHS	Employment	Affirmations
Addiction	Trigger	Treatment	Co-occurring disorder	Self esteem
Emotions	Relapse	FREE	Let it go	Pain pills
Memory loss	High risk situation	Has finished Step Nine	Better communication	Relationships
Celebrated a recovery milestone/Anniv within the past week	Resentments	Meditation	Family	Money problems