

|                              |                |               |                 |                        |
|------------------------------|----------------|---------------|-----------------|------------------------|
| <b>S</b>                     | <b>O</b>       | <b>B</b>      | <b>E</b>        | <b>R</b>               |
| Trigger                      | AA/NA meetings | Anxiety       | Resentment      | Forgiveness            |
| Afraid to talk to counselors | Treatment      | Relapse       | Acceptance      | Support                |
| Understanding                | Addiction      | <b>FREE</b>   | Drugs           | Family                 |
| Sponsor                      | Focus          | Relationships | Case Management | Positive Coping Skills |
| Affirmations                 | Self Medicate  | Aftercare     | Urges/Craving   | Alcohol                |

|               |                |             |                        |                              |
|---------------|----------------|-------------|------------------------|------------------------------|
| <b>S</b>      | <b>O</b>       | <b>B</b>    | <b>E</b>               | <b>R</b>                     |
| Understanding | Urges/Craving  | Acceptance  | Focus                  | Afraid to talk to counselors |
| Resentment    | Family         | Anxiety     | Positive Coping Skills | Addiction                    |
| Drugs         | AA/NA meetings | <b>FREE</b> | Case Management        | Relationships                |
| Alcohol       | Trigger        | Aftercare   | Sponsor                | Affirmations                 |
| Forgiveness   | Communication  | Support     | Relapse                | Treatment                    |

|                  |                    |               |                              |            |
|------------------|--------------------|---------------|------------------------------|------------|
| <b>S</b>         | <b>O</b>           | <b>B</b>      | <b>E</b>                     | <b>R</b>   |
| Sponsor          | Case<br>Management | Understanding | Alcohol                      | Resentment |
| Self<br>Medicate | Support            | Urges/Craving | Focus                        | Addiction  |
| Relationships    | Acceptance         | <b>FREE</b>   | Drugs                        | Anxiety    |
| Communication    | Forgiveness        | Affirmations  | AA/NA<br>meetings            | Trigger    |
| Treatment        | Relapse            | Family        | Positive<br>Coping<br>Skills | Aftercare  |