

S	O	B	E	R
Trigger	Affirmations	Family	Relapse prevention plan	Meditation
Co-occurring disorder	Serenity	PAWS	Axis	Self-help support group
Better communication	High risk situation	FREE	Legal issues	Resentments
Medical assisted treatment	Relapse	Gratitude	Memory loss	First 30 days
Calling the testing line	Celebrated recovery milestone within past week	Money problems	Cravings	Positive coping strategies

S	O	B	E	R
Warning signs	Relationships	Relapse	PAWS	Resentments
Calling the testing line	Celebrated recovery milestone within past week	Positive coping strategies	Memory loss	Co-occurring disorder
Money problems	Axis	FREE	High risk situation	Affirmations
Meditation	Trigger	Working the steps	Cravings	Better communication
Relapse prevention plan	Cross addiction	Legal issues	Family	Gratitude

S	O	B	E	R
Money problems	Co-occurring disorder	Relapse	Positive coping strategies	Cross addiction
Axis	Working the steps	Family	Warning signs	Treatment
Cravings	Resentments	FREE	Medical assisted treatment	Relapse prevention plan
Affirmations	Celebrated recovery milestone within past week	Memory loss	Legal issues	Has a sponsor
Trigger	Better communication	Self-help support group	Calling the testing line	Serenity