

S	O	B	E	R
Self-help support group	Acknowledging What Can and Cannot be Changed	Expectations of others	Positive coping strategies	High risk situation
Better communication	Resentments	Memory loss	Addiction	Money problems
Relationships	Treatment	FREE	Affirmations	Has been to a Big Book Meeting
Has fewer than 1 week clean/sober	Relapse Warning Signs	Healthy Boundaries	Has a sponsor	Meditation
Family	Avoiding "dangerous" people places and things	Mental Health	Triggers	Co-occurring disorder

S	O	B	E	R
Treatment	Addiction	Positive coping strategies	Better communication	Memory loss
Expectations of others	Triggers	High risk situation	Avoiding "dangerous" people places and things	Money problems
Has fewer than 1 week clean/sober	Affirmations	FREE	Has been to a Big Book Meeting	Acknowledging What Can and Cannot be Changed
Has a sponsor	Mental Health	Self-help support group	Co-occurring disorder	Relapse Warning Signs
Healthy Boundaries	Meditation	Relationships	Resentments	Family

S	O	B	E	R
Avoiding "dangerous" people places and things	Mental Health	Addiction	Meditation	Affirmations
Self-help support group	Has fewer than 1 week clean/sober	Healthy Boundaries	Resentments	High risk situation
Relationships	Co-occurring disorder	FREE	Relapse Warning Signs	Has a sponsor
Treatment	Money problems	Positive coping strategies	Triggers	Expectations of others
Has been to a Big Book Meeting	Acknowledging What Can and Cannot be Changed	Memory loss	Better communication	Family