

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

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

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