

S	O	B	E	R
Support group	1st Step	12-steps	Disciplined lifestyle	Recovery milestone
Meaningful life	Childhood	Step Nine	Perfection	AA meeting
Pride	Sponsor	Recovery	Therapy	Al-anon
Negative Coping Skill	Healthy eating	Stages of change	Blame	High risk situation
Self Talk	Hope	Positive coping skills	Identity	Sponsor

S	O	B	E	R
Pride	Family	Stages of change	Healthy eating	Emotions
Meditation	High risk situation	Effective communication	Asking for help	Autobiography
NA meeting	Meaningful life	Recovery	Meaningful Friendships	Affirmations
Attitude	Relapse prevention	Al-anon	Step Nine	AA meeting
Therapy	Step 4	90 in 90 days	Negative Coping Skill	Recovery milestone

S	O	B	E	R
Meditation	Affirmations	Healthy relationships	NA meeting	Stages of change
Higher power	Meaningful life	Childhood	Disciplined lifestyle	Personal inventory
Thinking Error	Resentments	Recovery	Pride	Perfection
Self care	Asking for help	Behaviors	Positive coping skills	Meditation
90 in 90 days	Healthy eating	12-steps	Meaningful Friendships	Blame