

S	O	B	E	R
Supporters	90 in 90 days	12-steps	Denial	Reality
Hope	Clean/sober	Step Nine	Negative Coping Skill	Affirmations
Pride	Sponsor	Recovery	Therapy	Art Therapy
NA meeting	Fear	Childhood	Group Therapy	Resentments
High risk situation	Personal inventory	Sponsor	Positive coping skills	Emotions

S	O	B	E	R
Sponsor	Fear	Dual diagnosis	Meaningful life	Group Therapy
Dry drunk	Asking for help	Behaviors	Meditation	Identity
Higher power	Al-anon	Recovery	Stages of change	Autobiography
Recovery milestone	Fantasy	Gratitude	Step Nine	Affirmations
Thinking Error	Step 4	AA meeting	NA meeting	Reality

S	O	B	E	R
Meaningful Friendships	Al-anon	Gratitude	Meditation	Stages of change
Healthy eating	Identity	Consequences	Denial	Perfection
Thinking Error	Recovery milestone	Recovery	Positive coping skills	Opportunities for change
Self Talk	Asking for help	Blame	Personal accomplishment	Clean/sober
Personal inventory	Meaningful life	Meditation	90 in 90 days	Fantasy