

S	O	B	E	R
goals	Addiction	Family	Self-help support group	Positive coping strategies
Community involvement	determination	Resentments	Affirmations	Went to a meeting
motivation	Better communication	FREE	Memory loss	Mental Health
Trigger	Positive activity	Self care	High risk situation	Relationships
Co-occurring disorder	Treatment	Counseling	sponsor	Deep breathing

S	O	B	E	R
motivation	sponsor	Affirmations	Positive activity	Community involvement
Self-help support group	Mental Health	Family	Relationships	Better communication
Memory loss	Addiction	FREE	High risk situation	Self care
Deep breathing	goals	Counseling	Trigger	Co-occurring disorder
Positive coping strategies	Meditation	Went to a meeting	Resentments	determination

S	O	B	E	R
Trigger	High risk situation	motivation	Deep breathing	Self-help support group
Treatment	Went to a meeting	sponsor	Positive activity	Better communication
Self care	Affirmations	FREE	Memory loss	Family
Meditation	Positive coping strategies	Co-occurring disorder	Addiction	goals
determination	Resentments	Mental Health	Relationships	Counseling