S	O	B	E	R
resentments	ASAP	7 Challenges	Have a year sober/clean	inhalants
addiction	Dependence	prescription drugs	co-occurring disorder	Challenge 1
illegal	pain pills	CLEAN TODAY? IF Yes=FREE SPACE	side effects	Challenge 3
cancer	Rehab	Second Chances	memory loss	Self Talk
heroin	money problems	Setting Goals	Mental Health Court	Relapse

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S	O	B	E	R
Meditation	alcohol	Second Chances	Higher Power	Challenge 4
Challenge 5	break the cycle	affirmations	Setting Goals	Challenge 2
pain pills	marijuana	CLEAN TODAY? IF Yes=FREE SPACE	Rehab	Challenge 3
prescription drugs	Challenge 1	side effects	positive coping strategies	Brain damage
cancer	inhalants	Relapse	Self Reflection	Detox

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S	O	B	E	R
High risk situation	positive coping strategies	ecstasy	side effects	marijuana
illegal	co-occurring disorder	memory loss	Challenge 3	Challenge 6
family	affirmations	CLEAN TODAY? IF Yes=FREE SPACE	Dependence	heroin
better communication	Brain damage	Rehab	7 Challenges	addiction
break the cycle	resentments	Challenge 4	treatment	strength

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