

S	O	B	E	R
Think..Think.. Think..	90/90	Detox	Spirit Seekers	Keep it simple One day at a time
Call a friend	Step 3	Meditate	AA	Share your story
Step 2	Watch movie	FREE	Big Book	Go to a meeting
Gratitude	Step 1	Journal	Go for a walk	Live & let live
Faith	Call Sponsor	Read self-help book	You will be amazed	Chips

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