

S	O	B	E	R
Sponsor	1:1 Therapy	Coping Strategies	Resentments	Meditation
Change in Attitude & Ideas	Sober/Clean and Serene	Pray	90/90	Relapse
Sober Network	Addiction	FREE	Positive Affirmations	High risk situation
Higher Power	Self-Help Support Groups	Long Term Treatment	Raise Your Hand and Share	Sober House
Family Support	Effective Communication skills	Peace of Mind	After Care	Amends

S	O	B	E	R
Positive Affirmations	Meditation	Addiction	Sober Network	After Care
Resentments	High risk situation	Higher Power	Sober/Clean and Serene	90/90
Step Work	Peace of Mind	FREE	Change in Attitude & Ideas	Coping Strategies
Raise Your Hand and Share	Relapse	Pray	Self-Help Support Groups	Amends
1:1 Therapy	Sponsor	Triggers	Co-occurring Disorders	Effective Communication skills

S	O	B	E	R
Positive Affirmations	Change in Attitude & Ideas	Raise Your Hand and Share	Co-occurring Disorders	90/90
1:1 Therapy	Triggers	Step Work	Amends	Sober/Clean and Serene
Clean Your Side of the Street	Self-Help Support Groups	FREE	Long Term Treatment	Relapse
Peace of Mind	Higher Power	High risk situation	Addiction	Sober House
After Care	Sober Network	Meditation	Coping Strategies	Pray