

S	O	B	E	R
Thought Stopping	Better communication	HALT	Serenity Prayer	Positive Coping Skills
Exercise	Step Work	Relationships	Breathing exercises	Self Defeating Behaviors
Sponsor	Treatment	FREE	Clean/Sober	NA/AA
People Places Things	Setting Boundaries	Positive Affirmations	Meditation	Relapse
High risk situations	Distorted Thinking	Resentments	Triggers	Family support

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Treatment	Breathing exercises	Serenity Prayer	Exercise	Relationships
HALT	Triggers	Positive Coping Skills	Distorted Thinking	Self Defeating Behaviors
People Places Things	Clean/Sober	FREE	NA/AA	Better communication
Meditation	Resentments	Thought Stopping	Family support	Setting Boundaries
Positive Affirmations	Relapse	Sponsor	Step Work	High risk situations

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Distorted Thinking	Resentments	Breathing exercises	Relapse	Clean/Sober
Thought Stopping	People Places Things	Positive Affirmations	Step Work	Positive Coping Skills
Sponsor	Family support	FREE	Setting Boundaries	Meditation
Treatment	Self Defeating Behaviors	Serenity Prayer	Triggers	HALT
NA/AA	Better communication	Relationships	Exercise	High risk situations