

SOBERITY

Self-help support group	Addiction	Guilt	Positive coping strategies	Memory loss
Co-occurring disorder	Resentments	Negative friends	Affirmations	Pain pills
Relationships	Alone	FREE	Money problems	Has finished Step 12
High risk situation	Positive thoughts	Meditation	New Beginning	Relapse
Has fewer than 90 days clean/sober	Has a sponsor	Mental Balance	Better communication	Celebrated a recovery milestone/Anniv within the past week

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Money problems	Memory loss	Alone	Relationships	Better communication
Positive coping strategies	Has finished Step 12	High risk situation	Resentments	Affirmations
Treatment	Mental Balance	FREE	Co-occurring disorder	Guilt
New Beginning	Pain pills	Negative friends	Positive thoughts	Celebrated a recovery milestone/Anniv within the past week
Addiction	Self-help support group	Trigger	God	Has a sponsor

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Money problems	Co-occurring disorder	New Beginning	God	Affirmations
Addiction	Trigger	Treatment	Celebrated a recovery milestone/Anniv within the past week	Resentments
Family	Positive thoughts	FREE	Meditation	Pain pills
Mental Balance	High risk situation	Has finished Step 12	Alone	Relapse
Better communication	Relationships	Memory loss	Guilt	Negative friends