

SOBEIETY

Trigger	Addiction	Forgive yourself	Relationships	Meditation
Celebrated a recovery milestone/Anniv within the past week	Treatment	No High risk situation	Affirmations	Relapse
Stressors	Avoid negative Friends	FREE	Money problems	Has a sponsor
Has fewer than 90 days clean/sober	Resentments	Has finished 12 Steps	Positive coping strategies	Self-help support group
Guilt	Freedom to start over	Memory loss	Better communication	Career/Goals

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Money problems	Meditation	Avoid negative Friends	Stressors	Better communication
Relationships	Has a sponsor	Has fewer than 90 days clean/sober	Treatment	Affirmations
Yoga	Memory loss	FREE	Celebrated a recovery milestone/Anniv within the past week	Forgive yourself
Positive coping strategies	Relapse	No High risk situation	Resentments	Career/Goals
Addiction	Trigger	Yoga	Family	Freedom to start over

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Money problems	Celebrated a recovery milestone/Anniv within the past week	Positive coping strategies	Family	Affirmations
Addiction	Yoga	Yoga	Career/Goals	Treatment
Co-occurring disorder	Resentments	FREE	Has finished 12 Steps	Relapse
Memory loss	Has fewer than 90 days clean/sober	Has a sponsor	Avoid negative Friends	Self-help support group
Better communication	Stressors	Meditation	Forgive yourself	No High risk situation