

SOBEIETY

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

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