

SOBEIETY

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

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Memory loss	Has finished 12 Steps	Avoid negative Friends	Self-help support group	Better communication
Relapse	Guilt	Has a sponsor	Stressors	Affirmations
Trigger	Meditation	FREE	Celebrated a recovery milestone/Anniv within the past week	Family
No High risk situation	Positive coping strategies	Money problems	Relationships	Career/Goals
Addiction	Treatment	Yoga	Embracing GOD	Forgive yourself

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