

S	O	B	E	R
positive coping strategies	Completion	Commitment	Honesty	Trusting
Reciprocate	Has fewer than 90 days clean/sober	money problems	Spirituality	Discipline
Therapeutic Community	empathy	FREE	resentments	Effort
Spontaneity	Moral Courage	family	Open Channel	affirmations
Pride	Support	Integrity	Initiative	Responsibility

S	O	B	E	R
Open Channel	Honor	Effort	Gratitude	Spontaneity
Respect	Reciprocate	Discipline	family	Trusting
Meditation	Moral Courage	FREE	money problems	resentments
Completion	Responsibility	Has fewer than 90 days clean/sober	Support	self-help support group
addiction	Therapeutic Community	Sprituality	affirmations	Has a sponsor

S	O	B	E	R
Support	Respect	Has fewer than 90 days clean/sober	Therapeutic Community	Responsibility
Completion	Meditation	Commitment	Reciprocate	positive coping strategies
Gratitude	treatment	FREE	self-help support group	Have a year sober/clean
Discipline	Trusting	Spontaneity	High risk situation	resentments
Has a sponsor	Open Channel	Honesty	Effort	Initiative