S	O	B	E	R
This too shall pass	Acceptance prayer	Friendship	Recovery thinking	Learn coping strategies
Better communication	Self-help support group	My values	Accomplishments	Self care
Addiction patterns	Inspiration	**FREE**	Journal	SMART goals
Keep learning	Practice Meditation	Hope	List risky situations	Get a sponsor
Affirmations	Benefits of change	Money management	Danger zone	Positive friendships

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S	O	B	E	R
Treatment	Relapse prevention	Practice Meditation	My values	SMART goals
Affirmations	Benefits of change	Positive friendships	List risky situations	Better communication
Money management	Accomplishments	**FREE**	Inspiration	Acceptance prayer
Learn coping strategies	This too shall pass	What is recovery	Danger zone	Addiction patterns
Recovery thinking	Forgiveness	Journal	Friendship	Hope

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S	O	B	E	R
Money management	Better communication	Practice Meditation	Positive friendships	Forgiveness
Accomplishments	What is recovery	Friendship	Treatment	Skills
Danger zone	SMART goals	**FREE**	Keep learning	Recovery thinking
Acceptance prayer	Benefits of change	List risky situations	Journal	Identify your triggers
This too shall pass	Addiction patterns	Self care	Affirmations	Self-help support group

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