

S	O	B	E	R
Treatment	Addiction	HALT	Positive coping strategies	Is 8-14 days clean
Family	Resentments	Memory loss	Affirmations	Relationships
Alcohol	Inhalants	FREE	Is 0-7 days clean	Relapse
Is 15-21 days clean	One day at a time	Heroin	Marijuana	Has finished Step One
Better communication	Crystal Meth	Meditation	Get a sponsor	Money problems

S	O	B	E	R
Trigger	Prescription meds	One day at a time	Memory loss	Relapse
Better communication	Crystal Meth	Money problems	Marijuana	Family
Meditation	Affirmations	FREE	Inhalants	Addiction
Is 8-14 days clean	Treatment	Work the 12 Steps	Get a sponsor	Alcohol
Positive coping strategies	Go to meetings	Is 0-7 days clean	HALT	Heroin

S	O	B	E	R
Meditation	Family	One day at a time	Money problems	Go to meetings
Affirmations	Work the 12 Steps	HALT	Trigger	Stress Management
Get a sponsor	Relapse	FREE	Is 15-21 days clean	Positive coping strategies
Addiction	Crystal Meth	Marijuana	Is 0-7 days clean	High risk situation
Treatment	Alcohol	Relationships	Better communication	Resentments