

S	O	B	E	R
Surrender	Affirmations	Connect with family	Positive coping strategies	Honest
Clean and sober	SMART not strong	One day at a time	Ask for help	Respectful
Avoid High risk situations	Gratitude	PASELLA SPACE	HALT	Reliable
Healthy Relationships	Positive Attitude	Get a sponsor	Kindness	Considerate
Better communication	Budget	Meditation	Commitment	Open-mindedness

S	O	B	E	R
Willingness	Punctual	Positive Attitude	One day at a time	Reliable
Better communication	Budget	Open-mindedness	Kindness	Clean and sober
Meditation	Ask for help	PASELLA SPACE	Gratitude	Affirmations
Honest	Surrender	Work the 12 Steps	Commitment	Avoid High risk situations
Positive coping strategies	Completed Step One	HALT	Connect with family	Get a sponsor

S	O	B	E	R
Meditation	Clean and sober	Positive Attitude	Open-mindedness	Completed Step One
Ask for help	Work the 12 Steps	Connect with family	Willingness	Stress Management
Commitment	Reliable	PASELLA SPACE	Healthy Relationships	Positive coping strategies
Affirmations	Budget	Kindness	HALT	Go to meetings
Surrender	Avoid High risk situations	Respectful	Better communication	SMART not strong