

Memo to Self Workshop

Steroids	Addiction	Has finished Step Nine	Positive coping strategies	Memory loss
Family	Self-help support group	Money problems	Affirmations	Pain pills
Resentments	Better communication	FREE	Meth	Inhalants
Marijuana	Relapse	Meditation	NNAMHS	Relationships
High risk situation	Heroin	Mental Health Court	Celebrated a recovery milestone/Anniv within the past week	Co-occurring disorder

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Meth	Memory loss	Better communication	Resentments	Celebrated a recovery milestone/Anniv within the past week
Positive coping strategies	Inhalants	Marijuana	Self-help support group	Affirmations
Treatment	Mental Health Court	FREE	Family	Has finished Step Nine
NNAMHS	Pain pills	Money problems	Relapse	Co-occurring disorder
Addiction	Steroids	Trigger	Has fewer than 90 days clean/sober	Heroin

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Meth	Family	NNAMHS	Has fewer than 90 days clean/sober	Affirmations
Addiction	Trigger	Treatment	Co-occurring disorder	Self-help support group
Has a sponsor	Relapse	FREE	Meditation	Pain pills
Mental Health Court	Marijuana	Inhalants	Better communication	Relationships
Celebrated a recovery milestone/Anniv within the past week	Resentments	Memory loss	Has finished Step Nine	Money problems