

S	O	B	E	R
Trigger	Affirmations	Addiction	Has a sponsor	Relationships
Memory loss	Faded	Support	NNAMHS	Alcohol
Relapse	Soak	FREE	Better communication	Money problems
Inhalants	Co-occurring disorder	Lit	Scante	Mary Jane
Positive coping strategies	Self-help support group	Heroin	Has finished Step Nine	Mental Health Court

S	O	B	E	R
Lit	Has fewer than 90 days clean/sober	Better communication	Celebrated a recovery milestone/Anniv within the past week	Meth
Memory loss	Meditation	Benzos	Soak	Booze
Relationships	Inhalants	FREE	Support	Alcohol
White Pony	Steroids	Money problems	Mental Health Court	Marijuana
Faded	Has a sponsor	Pain pills	Resentments	Relapse

S	O	B	E	R
NNAMHS	Scante	Better communication	Celebrated a recovery milestone/Anniv within the past week	Pain pills
Memory loss	Faded	Positive coping strategies	Mental Health Court	Meth
Affirmations	Inhalants	FREE	Addiction	Meditation
Treatment	Booze	Yay YO	Yack	Benzos
Relationships	Money problems	Gabbys	White Pony	Alcohol