HOPE

stability	acceptance	12 steps	boundaries	positive self talk
hope	awareness	sober supports	make goals	balance
nuture yourself	self-respect	**FREE**	ask for help	leisure activities
feel it-move on	forgiveness	problem solving	healthy relationships	motivation
relapse	exercise	coping skills	independence	change

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HOPE

ask for help	assertiveness	leisure activities	hope	healthy relationships
accountability	self-respect	positive self talk	feel it-move on	forgiveness
sober supports	acceptance	**FREE**	stability	independence
growth	balance	change	motivation	support groups
nuture yourself	make goals	relapse	awareness	12 steps

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HOPE

healthy relationships	awareness	leisure activities	sobriety	ask for help
taking responsibility	support groups	balance	accountability	positive self talk
make goals	boundaries	**FREE**	acceptance	stability
hope	nuture yourself	forgiveness	feel it-move on	coping skills
motivation	relapse	growth	12 steps	assertiveness

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