

S	O	B	E	R
Thinking errors	Addiction	Has fewer than 90 days clean/sober	Relapse	Memory loss
Family	Steroids	Money problems	Affirmations	Positive coping strategies
Self-help support group	Better communication	FREE	Meth	High risk situation
Marijuana	Relationships	Meditation	Pain pills	Resentments
Heroin	Has finished Step One	Mental Health Court	Celebrated a recovery milestone/Anniv within the past week	Co-occurring disorder

S	O	B	E	R
Meth	Memory loss	Better communication	Self-help support group	Celebrated a recovery milestone/Anniv within the past week
Relapse	High risk situation	Marijuana	Steroids	Affirmations
Treatment	Mental Health Court	FREE	Family	Has fewer than 90 days clean/sober
Pain pills	Positive coping strategies	Money problems	Relationships	Co-occurring disorder
Addiction	Thinking errors	Trigger	Has attended a celebrate recovery meeting	Has finished Step One

S	O	B	E	R
Meth	Family	Pain pills	Has attended a celebrate recovery meeting	Affirmations
Addiction	Trigger	Treatment	Co-occurring disorder	Steroids
Has a sponsor	Relationships	FREE	Meditation	Positive coping strategies
Mental Health Court	Marijuana	High risk situation	Better communication	Resentments
Celebrated a recovery milestone/Anniv within the past week	Self-help support group	Memory loss	Has fewer than 90 days clean/sober	Money problems