

|                          |                         |                                                            |                                    |                       |
|--------------------------|-------------------------|------------------------------------------------------------|------------------------------------|-----------------------|
| <b>B</b>                 | <b>I</b>                | <b>N</b>                                                   | <b>G</b>                           | <b>O</b>              |
| Supportive Relationships | Addiction               | Empathy                                                    | Positive coping strategies         | Meditation            |
| Better communication     | Self-help support group | Mental Health care                                         | Affirmations                       | Resentments           |
| Treatment                | Attitude is everything  | <b>FREE</b>                                                | Has fewer than 90 days clean/sober | High risk situation   |
| Relapse                  | Marijuana               | Money management                                           | Family triggers                    | Memory loss           |
| Balance                  | Positive self-talk      | Celebrated a recovery milestone/Anniv within the past week | Triggers                           | Co-occurring disorder |

|                                    |                          |                                                            |                    |                         |
|------------------------------------|--------------------------|------------------------------------------------------------|--------------------|-------------------------|
| <b>B</b>                           | <b>I</b>                 | <b>N</b>                                                   | <b>G</b>           | <b>O</b>                |
| Treatment                          | Triggers                 | Affirmations                                               | Marijuana          | Better communication    |
| Positive coping strategies         | High risk situation      | Empathy                                                    | Memory loss        | Attitude is everything  |
| Has fewer than 90 days clean/sober | Addiction                | <b>FREE</b>                                                | Family triggers    | Money management        |
| Co-occurring disorder              | Supportive Relationships | Celebrated a recovery milestone/Anniv within the past week | Relapse            | Balance                 |
| Meditation                         | Freedom                  | Resentments                                                | Mental Health care | Self-help support group |

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|-------------------------|--------------------|---------------------|------------------------------------|------------------------------------------------------------|
| <b>B</b>                | <b>I</b>           | <b>N</b>            | <b>G</b>                           | <b>O</b>                                                   |
| Relapse                 | Family triggers    | Treatment           | Co-occurring disorder              | Positive coping strategies                                 |
| Positive self-talk      | Resentments        | Triggers            | Marijuana                          | Attitude is everything                                     |
| Money management        | Affirmations       | <b>FREE</b>         | Has fewer than 90 days clean/sober | Empathy                                                    |
| Freedom                 | Meditation         | Balance             | Addiction                          | Supportive Relationships                                   |
| Self-help support group | Mental Health care | High risk situation | Memory loss                        | Celebrated a recovery milestone/Anniv within the past week |