

S	O	B	E	R
Self-help support group	Addiction	Has a sponsor	Pain pills	Marijuana
Co-occurring disorder	Resentments	Memory loss	Affirmations	Relationships
Treatment	Better communication	FREE	Heroin	High risk situation
Relapse	Inhalants	Meth	Has fewer than 30 days clean/sober	Meditation
Celebrated a recovery milestone within the past week	Positive coping strategies	Family	Trigger	Financial problems

S	O	B	E	R
Treatment	Trigger	Affirmations	Inhalants	Co-occurring disorder
Pain pills	High risk situation	Has a sponsor	Meditation	Better communication
Heroin	Addiction	FREE	Has fewer than 30 days clean/sober	Meth
Financial problems	Self-help support group	Family	Relapse	Celebrated a recovery milestone within the past week
Marijuana	Has finished Step Three	Relationships	Memory loss	Resentments

S	O	B	E	R
Relapse	Has fewer than 30 days clean/sober	Treatment	Financial problems	Pain pills
Positive coping strategies	Relationships	Trigger	Inhalants	Better communication
Meth	Affirmations	FREE	Heroin	Has a sponsor
Has finished Step Three	Marijuana	Celebrated a recovery milestone within the past week	Addiction	Self-help support group
Resentments	Memory loss	High risk situation	Meditation	Family