

S	O	B	E	R
Stages of change	90 in 90	12 step programs	Emotions	Relapse
Money problems	Communication	Sobriety	Physical Withdrawal	Abstinence
Sober Hobbies	Treatment	FREE	Affirmations	Peer counselor
Higher Power	Meditation	Self-help support group	Mental Health Therapy	Post acute withdrawal syndrome
Sober Activities	Recovery	Group therapy	Inpatient treatment	Finding motivation

S	O	B	E	R
Negative Stigma	Meditation	Family	Ambivalence to treatment	Case management
Outpatient Treatment	Money problems	Mindfulness	Addiction	Sober Hobbies
Building Boundaries	Relationships	FREE	Higher Power	Inpatient treatment
Sobriety	Treatment	Sober supports	Abstinence	Peer counselor
Relapse	Moral inventory	Affirmations	Compulsive Behaviors	Emotions

S	O	B	E	R
Sober Hobbies	Positive coping skills	Treatment plan	Resentments	Recovery
Physical Withdrawal	Self-help support group	Ambivalence to treatment	Co-dependency	Money problems
Communication	Post acute withdrawal syndrome	FREE	Negative Stigma	90 in 90
Higher Power	12 step programs	Mindfulness	Outpatient Treatment	Stages of change
Building Boundaries	maintenance	Trigger	Compulsive Behaviors	Affirmations