

S	O	B	E	R
Treatment	Addiction	Has a sponsor	Positive coping strategies	Memory loss
Co-occurring disorder	Self-help support group	Money problems	Affirmations	Resentments
Trigger	Better communication	FREE	High risk situation	Holidays
Relationships	Meditation	NNAMHS	Has fewer than 90 days	Mental Health Court
Celebrated a recovery milestone/Anniv within the past week	Relapse	Family	clean/sober	Focus one day at a time

S	O	B	E	R
Trigger	clean/sober	Affirmations	Meditation	Co-occurring disorder
Positive coping strategies	Holidays	Has a sponsor	Mental Health Court	Better communication
High risk situation	Addiction	FREE	Has fewer than 90 days	NNAMHS
Focus one day at a time	Treatment	Family	Relationships	Celebrated a recovery milestone/Anniv within the past week
Memory loss	Has finished Step Nine	Resentments	Money problems	Self-help support group

S	O	B	E	R
Relationships	Has fewer than 90 days	Trigger	Focus one day at a time	Positive coping strategies
Relapse	Resentments	clean/sober	Meditation	Better communication
NNAMHS	Affirmations	FREE	High risk situation	Has a sponsor
Has finished Step Nine	Memory loss	Celebrated a recovery milestone/Anniv within the past week	Addiction	Treatment
Self-help support group	Money problems	Holidays	Mental Health Court	Family