

|               |                         |                                   |               |                                                                    |
|---------------|-------------------------|-----------------------------------|---------------|--------------------------------------------------------------------|
| <b>S</b>      | <b>O</b>                | <b>B</b>                          | <b>E</b>      | <b>R</b>                                                           |
| Stressors     | Addiction               | Co-occurring disorder             | Relationships | Inhalants                                                          |
| Boundaries    | Self-help support group | Meditation                        | Alcohol       | Positive coping strategies                                         |
| Self-Care     | Support network         | <b>FREE</b>                       | Anxiety       | Gratitude                                                          |
| Has a sponsor | Resentments             | High risk situation               | Forgiveness   | Marijuana                                                          |
| Family        | Better communication    | One thing you like about yourself | Trigger       | Celebrated a recovery milestone/Anniv within the past three months |

|                       |                                   |               |                                                                    |                            |
|-----------------------|-----------------------------------|---------------|--------------------------------------------------------------------|----------------------------|
| <b>S</b>              | <b>O</b>                          | <b>B</b>      | <b>E</b>                                                           | <b>R</b>                   |
| Support network       | Alcohol                           | Relationships | Boundaries                                                         | Meditation                 |
| Co-occurring disorder | Trigger                           | Inhalants     | Better communication                                               | Positive coping strategies |
| Has a sponsor         | Anxiety                           | <b>FREE</b>   | Gratitude                                                          | Addiction                  |
| Forgiveness           | One thing you like about yourself | Stressors     | Celebrated a recovery milestone/Anniv within the past three months | Resentments                |
| High risk situation   | Marijuana                         | Self-Care     | Self-help support group                                            | Family                     |

|                      |                                                                    |                     |                         |                       |
|----------------------|--------------------------------------------------------------------|---------------------|-------------------------|-----------------------|
| <b>S</b>             | <b>O</b>                                                           | <b>B</b>            | <b>E</b>                | <b>R</b>              |
| Better communication | One thing you like about yourself                                  | Alcohol             | Marijuana               | Anxiety               |
| Stressors            | Has a sponsor                                                      | High risk situation | Self-help support group | Inhalants             |
| Self-Care            | Celebrated a recovery milestone/Anniv within the past three months | <b>FREE</b>         | Resentments             | Forgiveness           |
| Support network      | Positive coping strategies                                         | Relationships       | Trigger                 | Co-occurring disorder |
| Gratitude            | Addiction                                                          | Meditation          | Boundaries              | Family                |