

S	O	B	E	R
Step One	AA	12 Steps	Distress Tolerance	RWI
Meditation	Change	Step Four	Money problems	Action
Preparation	Self-help support group	FREE	Step Twelve	Affirmations
Mindfulness	Heroin	Serenity Prayer	Celebrated a recovery	Impulsivity
Relationships	Just For Today	Pre-Contemplation	Maintenance	Schedule

S	O	B	E	R
Preparation	Family	Serenity Prayer	Heroin	Emotions
Memory loss	Impulsivity	Emotion Regulation	Anger	Better communication
Meth	Meditation	FREE	Marijuana	Addiction
Assertive	Re-Entry	Affirmations	Step Four	Action
Step Twelve	Skills	Accept	Mindfulness	RWI

S	O	B	E	R
Memory loss	Addiction	High risk situation	Meth	Serenity Prayer
Inhalants	Meditation	Change	Distress Tolerance	Positive coping strategies
Steroids	Relapse	FREE	Preparation	Money problems
Resentments	Anger	CBT	Pre-Contemplation	Mental Health Court
Accept	Heroin	12 Steps	Marijuana	Celebrated a recovery