

S	O	B	E	R
Step One	Affirmations	Coping Strategies	Self-Awareness	Positive coping strategies
Codependency	Spirituality	Relapse Prevention	Aftercare	Self-Advocacy
Social Support	Strength	FREE	Balance	High Risk Situation
Mindfulness	Self-Pity	Money	Fun	Relapse
Emotions	Change	Resentment	Trigger	Communication

S	O	B	E	R
Strength	Aftercare	Self-Awareness	Codependency	Relapse Prevention
Coping Strategies	Trigger	Positive coping strategies	Change	Self-Advocacy
Mindfulness	Balance	FREE	High Risk Situation	Affirmations
Fun	Resentment	Step One	Communication	Self-Pity
Money	Relapse	Social Support	Spirituality	Emotions

S	O	B	E	R
Change	Resentment	Aftercare	Relapse	Balance
Step One	Mindfulness	Money	Spirituality	Positive coping strategies
Social Support	Communication	FREE	Self-Pity	Fun
Strength	Self-Advocacy	Self-Awareness	Trigger	Coping Strategies
High Risk Situation	Affirmations	Relapse Prevention	Codependency	Emotions