

S	O	B	E	R
heal	Addiction	Has fewer than 90 days clean/sober	Self-help support group	Money problems
Family	freedom	Positive coping strategies	Affirmations	Resentments
actions	mindfulness	FREE	Better communication	Meditation
Memory loss	Treatment	Mental Health Court	High risk situation	NNAMHS
Has finished Step Nine	Co-occurring disorder	Relationships	relax	Has a sponsor

S	O	B	E	R
mindfulness	Affirmations	Self-help support group	Family	Positive coping strategies
Has fewer than 90 days clean/sober	relax	Money problems	Co-occurring disorder	Resentments
Memory loss	Better communication	FREE	Meditation	Addiction
High risk situation	Relationships	heal	Has a sponsor	Treatment
Mental Health Court	NNAMHS	actions	freedom	Has finished Step Nine

S	O	B	E	R
Co-occurring disorder	Relationships	Affirmations	NNAMHS	Better communication
heal	Memory loss	Mental Health Court	freedom	Money problems
actions	Has a sponsor	FREE	Treatment	High risk situation
mindfulness	Resentments	Self-help support group	relax	Has fewer than 90 days clean/sober
Meditation	Addiction	Positive coping strategies	Family	Has finished Step Nine