

S	O	B	E	R
Treatment	Addiction	Has more than 90 days clean/sober	Positive coping strategies	Mental Health Court
Family	Steroids	NNAMHS	Affirmations	Resentments
Better communication	Money problems	FREE	Marijuana	Self-help support group
Meditation	Relationships	Memory loss	Pain pills	High risk situation
Heroin	Meth	Celebrated a recovery	Co-occurring disorder	Relapse

S	O	B	E	R
Inhalants	Better communication	Marijuana	Steroids	Affirmations
Treatment	Self-help support group	Money problems	Positive coping strategies	Meth
Meditation	Mental Health Court	FREE	Family	Has more than 90 days clean/sober
NNAMHS	Trigger	Relapse	Relationships	Celebrated a recovery
Co-occurring disorder	Pain pills	Addiction	Memory loss	milestone within the past week

S	O	B	E	R
Trigger	Has a sponsor	Better communication	Relapse	Family
Money problems	Has finished Step Nine	milestone within the past week	Affirmations	Treatment
Memory loss	Co-occurring disorder	FREE	Positive coping strategies	Marijuana
Has more than 90 days clean/sober	Inhalants	Addiction	Heroin	Meth
Pain pills	Steroids	Relationships	Meditation	Resentments