

S	O	B	E	R
Self-help support group	AA	Family	Places to Avoid	Memory loss
Co-occurring disorder	Resentments	Money problems	Addiction	People to Avoid
Relationships	Treatment	FREE	Affirmations	Has finished Step Nine
Celebrated a recovery milestone within the past week	High risk situation	Positive coping strategies	Meditation	Relapse
Has a sponsor	Mental Health Court	Groups	Better communication	NA

S	O	B	E	R
Treatment	Positive coping strategies	People to Avoid	NA	Relapse
Affirmations	Celebrated a recovery milestone within the past week	Memory loss	Co-occurring disorder	Mental Health Court
Addiction	Has fewer than 90 days clean/sober	FREE	AA	Meditation
Self-help support group	Better communication	Trigger	Places to Avoid	Money problems
Family	Has finished Step Nine	High risk situation	Has a sponsor	Resentments

S	O	B	E	R
Co-occurring disorder	Relapse	High risk situation	Places to Avoid	AA
Treatment	People to Avoid	Family	Celebrated a recovery milestone within the past week	Mental Health Court
Has finished Step Nine	Has fewer than 90 days clean/sober	FREE	Affirmations	Addiction
Better communication	Relationships	Memory loss	Groups	NA
Resentments	Self-help support group	Meditation	Has a sponsor	Community Support