

S	O	B	E	R
Self-help	Alcohol	Drugs	Positive Thoughts	Happiness
Deep Breathing	Relapse	Help a Friend	Arts & Crafts	Meditation
Recovery	Take a Walk	FREE	Blackout	Focus on today
Forgiveness	Pray	Friendships	Fears	Happy Memories
Family	Dance	Listen to Music	Yoga	Drawing

S	O	B	E	R
Take a Walk	Arts & Crafts	Positive Thoughts	Deep Breathing	Help a Friend
Drugs	Yoga	Happiness	Dance	Meditation
Forgiveness	Blackout	FREE	Focus on today	Alcohol
Fears	Listen to Music	Self-help	Drawing	Pray
Friendships	Happy Memories	Recovery	Relapse	Family

S	O	B	E	R
Dance	Listen to Music	Arts & Crafts	Happy Memories	Blackout
Self-help	Forgiveness	Friendships	Relapse	Happiness
Recovery	Drawing	FREE	Pray	Fears
Take a Walk	Meditation	Positive Thoughts	Yoga	Drugs
Focus on today	Alcohol	Help a Friend	Deep Breathing	Family