

S	O	B	E	R
Steroids	Addiction	Has finished Step Nine	Positive coping strategies	Memory loss
Family	Self-help support group	Money problems	Affirmations	Pain pills
Resentments	Better communication	Meth	Inhalants	Marijuana
Relapse	Meditation	NNAMHS	Relationships	High risk situation
Heroin	Mental Health Court	Celebrated a recovery milestone/Anniv within the past week	Co-occurring disorder	Treatment

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

S	O	B	E	R
Relapse	Meditation	Pain pills	Addiction	Treatment
Has fewer than 90 days clean/sober	Co-occurring disorder	Mental Health Court	Marijuana	Inhalants
Better communication	Relationships	Affirmations	Celebrated a recovery milestone/Anniv within the past week	Resentments
Memory loss	NNAMHS	Family	Has finished Step Nine	Money problems
Meth	Self-help support group	Steroids	Has a sponsor	Heroin