

S	O	B	E	R
Sober living after treatment	Addiction in family	Has 90 days sober/clean	One example of a trigger	Has participated in family therapy
Favorite self-help support group	Shortest peer	One consequence of use	Example of high risk situation	Participates in mental health court
Favorite affirmation	One Benefit of recovery	FREE	Has fewer than 30 days clean/sober	Personal higher power
Has finished Step Four	Participates in drug court	Has kids	One coping skill for urges	Has a sponsor
Has a sober relative	IOP after residential treatment	Favorite creative activity	Favorite meditation practice	Participates in MAT

S	O	B	E	R
Has a therapist	Favorite affirmation	Has fewer than 30 days clean/sober	Shortest peer	Example of high risk situation
Sober living after treatment	Personal higher power	One Benefit of recovery	One example of a trigger	IOP after residential treatment
Has finished Step Four	Has participated in family therapy	FREE	Favorite self-help support group	Has 90 days sober/clean
One consequence of use	Tallest peer	Participates in MAT	Participates in drug court	Favorite creative activity
Favorite meditation practice	One coping skill for urges	Addiction in family	Has kids	Went to a meeting yesterday

S	O	B	E	R
Tallest peer	Favorite sober hobby/leisure activity	Favorite affirmation	Participates in MAT	Favorite self-help support group
One Benefit of recovery	Favorite spiritual practice	Went to a meeting yesterday	Example of high risk situation	Sober living after treatment
Has kids	Favorite meditation practice	FREE	One example of a trigger	Has fewer than 30 days clean/sober
Has 90 days sober/clean	Has a therapist	Addiction in family	Has a sober relative	IOP after residential treatment
One coping skill for urges	Shortest peer	Participates in drug court	Has finished Step Four	Participates in mental health court