

S	O	B	E	R
Triggers	12 Steps	Faith	Serenity	Hope
Aftercare	Treatment	Resilient	AA/NA	Support
Acceptance	HALT	FREE	Higher Power	Steroids
Honesty	Self-esteem	Grateful	Humble	Family
Accountability	Affirmations	Relationships	Coping Skills	Self-care

S	O	B	E	R
communication	Sobriety	Self-esteem	Resilient	Steroids
Accountability	Affirmations	Self-care	Humble	Aftercare
Relationships	AA/NA	FREE	HALT	12 Steps
Hope	Triggers	sponsor	Coping Skills	Acceptance
Serenity	Courage	Higher Power	Faith	Grateful

S	O	B	E	R
Relationships	Aftercare	Self-esteem	Self-care	Courage
AA/NA	sponsor	Faith	communication	Trigger
Coping Skills	Steroids	FREE	Honesty	Serenity
12 Steps	Affirmations	Humble	Higher Power	Gratitude
Triggers	Acceptance	Support	Accountability	Treatment