

S	O	B	E	R
has done a UA today/yesterday	Can recite the serenity prayer	Has a sponsor	Seen dentist past month	Has finished step 3
Free!	gone to NA/AA in the past week	Have a year sober/clean	Can recite the stages of change	Knows the stages of relapse
contacted PO this week	practiced self care today	FREE	Celebrated a recovery milestone/anniv within the past week	Has fewer than 90 days clean/sober
Has finished Step One	Used a coping skill	Has finished step 2	Has exercised in the past week	Has seen PCP past month
Has a tattoo	Challenged a negative thought today	High risk situation success	said one affirmation today	Has a higher power

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practiced self care today	Can recite the stages of change	Seen dentist past month	Free!	Have a year sober/clean
Has a sponsor	said one affirmation today	Has finished step 3	Challenged a negative thought today	Knows the stages of relapse
Has finished Step One	Celebrated a recovery milestone/anniv within the past week	FREE	Has fewer than 90 days clean/sober	Can recite the serenity prayer
Has exercised in the past week	High risk situation success	has done a UA today/yesterday	Has a higher power	Used a coping skill
Has finished step 2	Has seen PCP past month	contacted PO this week	gone to NA/AA in the past week	Has a tattoo

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Challenged a negative thought today	High risk situation success	Can recite the stages of change	Has seen PCP past month	Celebrated a recovery milestone/anniv within the past week
has done a UA today/yesterday	Has finished Step One	Has finished step 2	gone to NA/AA in the past week	Has finished step 3
contacted PO this week	Has a higher power	FREE	Used a coping skill	Has exercised in the past week
practiced self care today	Knows the stages of relapse	Seen dentist past month	said one affirmation today	Has a sponsor
Has fewer than 90 days clean/sober	Can recite the serenity prayer	Have a year sober/clean	Free!	Has a tattoo