

|               |              |             |               |                      |
|---------------|--------------|-------------|---------------|----------------------|
| <b>S</b>      | <b>O</b>     | <b>B</b>    | <b>E</b>      | <b>R</b>             |
| friends       | Affirmations | Addiction   | Has a sponsor | Resentments          |
| Memory loss   | Depression   | animals     | Pain pills    | Anxiety              |
| Relationships | Trigger      | <b>FREE</b> | no            | Better communication |
| NNAMHS        | Inhalants    | Dedication  | Marijuana     | Steroids             |
| Meditation    | Relapse      | Meditation  | Treatment     | Heroin               |

|                                    |             |                                                            |                |                            |
|------------------------------------|-------------|------------------------------------------------------------|----------------|----------------------------|
| <b>S</b>                           | <b>O</b>    | <b>B</b>                                                   | <b>E</b>       | <b>R</b>                   |
| Trigger                            | Inhalants   | Has finished Step Nine                                     | Meth           | Marijuana                  |
| Has fewer than 90 days clean/sober | Breathing   | Celebrated a recovery milestone/Anniv within the past week | Money problems | Mental Health Court        |
| Meditation                         | Be selfish  | <b>FREE</b>                                                | Saved          | Better communication       |
| Life                               | animals     | Anxiety                                                    | no             | Work                       |
| NNAMHS                             | Resentments | Depression                                                 | Has a sponsor  | Positive coping strategies |

|           |                          |                                  |                           |            |
|-----------|--------------------------|----------------------------------|---------------------------|------------|
| <b>S</b>  | <b>O</b>                 | <b>B</b>                         | <b>E</b>                  | <b>R</b>   |
| outdoors  | Saved                    | Relationships                    | Pain<br>pills             | Steroids   |
| Breathing | Co-occurring<br>disorder | Positive<br>coping<br>strategies | Mental<br>Health<br>Court | Depression |
| Relapse   | Meth                     | <b>FREE</b>                      | Affirmations              | Inhalants  |
| Addiction | Memory<br>loss           | Money<br>problems                | friends                   | running    |
| reading   | Family                   | Be<br>selfish                    | Future                    | Anxiety    |