

S	O	B	E	R
Trigger	A-A	28-Day Treatment	Has a sponsor	Recovery is Progressive
Memory loss	Delayed Consequences	Serenity Prayer	Positive Foundation	Affirmations
Recovery Tool Box	Resentments	FREE	Trusting the Process	Better communication
PAWS	It works if you work it!	Self-Love	JNC	Relapse Prevention
Lifestyle Change	Recovery Goals	Meditation	Relationships	Heroin

S	O	B	E	R
Self-Love	It works if you work it!	Healthy Connections	Money problems	JNC
Healing Brain	Better communication	Counseling	PAWS	Mental Health Court
Meditation	Alcohol	FREE	Co-occurring disorder	Relapse
IOP	Serenity Prayer	Affirmations	Trusting the Process	Self-help support group
Addiction	Recovery is Progressive	OP	Legal issues	Emotions

S	O	B	E	R
Has fewer than 90 days clean/sober	Self-Love	Recovery Community	Vulnerability	Relapse
Recovery Tool Box	Positive coping strategies	Relapse Prevention	Better communication	Defense Mechanisms
Mental Health Court	Emotions	FREE	Recovery Goals	Money problems
OP	A-A	IOP	28-Day Treatment	Memory loss
Delayed Consequences	The Big Book	Co-occurring disorder	When in Doubt-DONT	Wellness