

S	O	B	E	R
positive coping strategies	BoardPrep	Sponsor	alcohol	Step 4
High risk situation	family	Step 7	Charecter defects	affirmations
co-occurring disorder	resentments	FREE	HOW	Step 11
Step 12	break the cycle	Step 3	Step 1	Step 5
Step 10	Has finished Step Nine	addiction	step 2	Meditation

S	O	B	E	R
resentments	Charecter defects	alcohol	High risk situation	Step 7
Sponsor	step 2	Step 4	Has finished Step Nine	affirmations
Step 12	HOW	FREE	Step 11	BoardPrep
Step 1	addiction	positive coping strategies	Meditation	break the cycle
Step 3	Step 5	co-occurring disorder	family	Step 10

S	O	B	E	R
Has finished Step Nine	addiction	Charecter defects	Step 5	HOW
positive coping strategies	Step 12	Step 3	family	Step 4
co-occurring disorder	Meditation	FREE	break the cycle	Step 1
resentments	affirmations	alcohol	step 2	Sponsor
Step 11	BoardPrep	Step 7	High risk situation	Step 10