S	O	B	E	R
T/F I do not have to work to achieve sobriety	Addiction	Has fewer than 90 days clean/sober	Positive coping strategies	Narcan
Family	Self-help support group	One way I can challenge my negative thoughts	Affirmations	Pain pills
Resentments	Treatment	**FREE**	Better communication	Meditation
Co-occurring disorder	Memory loss	Relapse	Money problems	Relationships
High risk situation	One of my early relapse signs is	Has finished Step Nine	Celebrated a recovery milestone/Anniv within the past week	One way I can improve my physical health

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S	O	B	E	R
Treatment	Relapse	Pain pills	One way I can improve my physical health	Relationships
Better communication	Co-occurring disorder	Narcan	Family	One of my early relapse signs is
Affirmations	How do I typically respond to stress	**FREE**	Addiction	Money problems
T/F I do not have to work to achieve sobriety	Celebrated a recovery milestone/Anniv within the past week	Trigger	Positive coping strategies	One way I can challenge my negative thoughts
Has fewer than 90 days clean/sober	Meditation	Memory loss	High risk situation	Self-help support group

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S	O	B	E	R
Family	Relationships	Memory loss	Positive coping strategies	Addiction
Treatment	Pain pills	Has fewer than 90 days clean/sober	Co-occurring disorder	One of my early relapse signs is
Meditation	How do I typically respond to stress	**FREE**	Better communication	Affirmations
Celebrated a recovery milestone/Anniv within the past week	Resentments	Narcan	Has finished Step Nine	One way I can improve my physical health
Self-help support group	T/F I do not have to work to achieve sobriety	Money problems	High risk situation	Has a sponsor

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