S	O	B	E	R
What is something you haven't done yet but would like to do?	Addiction	How do I typically respond to stress	Self-help support group	One way I can improve my physical health
Has finished Step Nine	Trigger	Relapse	Better communication	Resentments
Treatment	Why is sleep important to recovery?	**FREE**	Celebrated a recovery milestone/Anniv within the past week	Narcan
Has a sponsor	One of my early relapse signs is	T/F I do not have to work to achieve sobriety	One way I can challenge my negative thoughts	T/F there are never setbacks in recovery
Memory loss	Positive coping strategies	Meditation	Family	Relationships

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S	O	B	E	R
Why is sleep important to recovery?	T/F I do not have to work to achieve sobriety	Resentments	Relationships	T/F there are never setbacks in recovery
Celebrated a recovery milestone/Anniv within the past week	Has a sponsor	One way I can improve my physical health	Has finished Step Nine	Positive coping strategies
Better communication	Money problems	**FREE**	Addiction	One way I can challenge my negative thoughts
What is something you haven't done yet but would like to do?	Family	self-care? what is it and why does it matter?	Self-help support group	Relapse
How do I typically respond to stress	Narcan	One of my early relapse signs is	Memory loss	Trigger

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S	O	B	E	R
Has finished Step Nine	T/F there are never setbacks in recovery	One of my early relapse signs is	Self-help support group	Addiction
Why is sleep important to recovery?	Resentments	How do I typically respond to stress	Has a sponsor	Positive coping strategies
Narcan	Money problems	**FREE**	Celebrated a recovery milestone/Anniv within the past week	Better communication
Family	Treatment	One way I can improve my physical health	Meditation	Relationships
Trigger	What is something you haven't done yet but would like to do?	One way I can challenge my negative thoughts	Memory loss	High risk situation

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