

S	O	B	E	R
Positive coping strategies	Been through the courts	Affirmations	Difficult relationships	Individual therapy/support group
Has finished Step 3	Cigarettes	Money problems	Higher Power	Memory loss
Relapse	Being of service	FREE	High risk situations	Gone back to a previous interest/hobby
Gratitude	Marijuana	Has fewer than 90 days	Improved relationships	Meditation
Family	Has more than 90 days	Exercise	Better communication	Been to a mtg in another country

S	O	B	E	R
Memory loss	Better communication	Made an amends	Gone back to a previous interest/hobby	Being of service
Gratitude	Money problems	Been to a mtg in another country	Relapse	Been through the courts
High risk situations	Individual therapy/support group	FREE	Has more than 90 days	Has a sponsor
Has finished Step 3	Cigarettes	Difficult relationships	IV drug use	Resentments
Higher Power	Marijuana	Celebrated a recovery milestone in the past month	Improved relationships	Affirmations

S	O	B	E	R
Has fewer than 90 days	Cigarettes	High risk situations	Positive coping strategies	Better communication
Triggers	Resentments	Clean/Sober	Been to a mtg in another country	Individual therapy/support group
Higher Power	Co-occurring disorder(s)	FREE	Been through the courts	Relapse
Has finished Step 3	Celebrated a recovery milestone in the past month	Gratitude	Difficult relationships	Being of service
Gone back to a previous interest/hobby	Family	Improved relationships	IV drug use	Marijuana