S	O	B	E	R
Sober activities	Addiction	High risk situation	Relationships	PAWS
Family	Self-help support group	Positive coping strategies	Affirmations	Relapse
Self care	Treatment	**FREE**	Better communication	Mental Health
Money problems	Resentments	One day at a time	Memory loss	Personal support system
Meditation	Co-occurring disorder	Purpose	Triggers	Goals

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S	O	B	E	R
Treatment	Affirmations	Relationships	Family	Positive coping strategies
High risk situation	Triggers	PAWS	Co-occurring disorder	Relapse
Money problems	Better communication	**FREE**	Mental Health	Addiction
Memory loss	Purpose	Sober activities	Goals	Resentments
One day at a time	Personal support system	Self care	Self-help support group	Meditation

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S	O	B	E	R
Co-occurring disorder	Purpose	Affirmations	Personal support system	Better communication
Sober activities	Money problems	One day at a time	Self-help support group	PAWS
Self care	Goals	**FREE**	Resentments	Memory loss
Treatment	Relapse	Relationships	Triggers	High risk situation
Mental Health	Addiction	Positive coping strategies	Family	Meditation

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