

S	O	B	E	R
Tolerance	Abstinence	AA	Family	Step Four
Release	Community	Step Twelve	Sponsor	Abuse
Step Ten	Treatment	FREE	Addiction	Sobriety Date
Meditation	Step Three	NA	Step Seven	Recovery
Step Eleven	Step Six	Step Five	Hope	Higher Power

S	O	B	E	R
Resentments	NA	Gratitude	Affirmations	Assertive Communication
Sobriety Date	Release	Relapse	Addiction	Step Three
Step Nine	Lapse	FREE	Addiction	Step Twelve
Abuse	Treatment	Meditation	SMART Recovery	Powerlessness
Compulsion	Family	Step Eight	Trigger	Step One

S	O	B	E	R
Step Four	Sponsor	Step Seven	Addiction	Codependency
Step Eleven	Release	Compulsion	Step Five	SMART Recovery
Abstinence	Lapse	FREE	AA	Relapse
Community	Sobriety Date	Tolerance	Affirmations	Withdrawal
Welbriety	Trigger	Addiction	Step Nine	Denial