

S	O	B	E	R
Treatment	Addiction	Has finished Step 9	Step 2	Relationships
Has a sponsor	Step 5	Self-help support group	Affirmations	Step 1
Step 4	Trigger	HOUSE OF HOPE	Better communication	Mental Health
Positive coping strategies	Step 3	Relapse	Meditation	Resentments
High risk situation	Celebrated a recovery milestone/Anniv within the past week	Sober Support	Willingness	Has fewer than 90 days clean/sober

S	O	B	E	R
Trigger	Affirmations	Step 2	Has a sponsor	Self-help support group
Has finished Step 9	Willingness	Relationships	Celebrated a recovery milestone/Anniv within the past week	Step 1
Positive coping strategies	Better communication	HOUSE OF HOPE	Mental Health	Addiction
Meditation	Sober Support	Treatment	Has fewer than 90 days clean/sober	Step 3
Relapse	Resentments	Step 4	Step 5	High risk situation

S	O	B	E	R
Celebrated a recovery milestone/Anniv within the past week	Sober Support	Affirmations	Resentments	Better communication
Treatment	Positive coping strategies	Relapse	Step 5	Relationships
Step 4	Has fewer than 90 days clean/sober	HOUSE OF HOPE	Step 3	Meditation
Trigger	Step 1	Step 2	Willingness	Has finished Step 9
Mental Health	Addiction	Self-help support group	Has a sponsor	High risk situation