

S	O	B	E	R
Therapy	AA Meeting	Family	Resiliency	NA Meeting
Co-occurring disorder	Spirituality	Relapse Prevention	Accountability	Serenity Prayer
Addiction	Meditation	FREE	Mental Health	Self Care
Mindfulness	Resentments	High risk situation	NUWAY	Healthy Eating
Affirmations	Change	Psychiatry	Communication	Relationships

S	O	B	E	R
Treatment	SMART Goals	Resentments	Relapse Prevention	Self Care
Affirmations	Change	Relationships	NUWAY	Co-occurring disorder
Psychiatry	Accountability	FREE	Meditation	AA Meeting
NA Meeting	Therapy	Triggers	Communication	Addiction
Resiliency	Coping Skills	Mental Health	Family	High risk situation

S	O	B	E	R
Psychiatry	Co-occurring disorder	Resentments	Relationships	Coping Skills
Accountability	Triggers	Family	Treatment	Sponsor
Communication	Self Care	FREE	Mindfulness	Resiliency
AA Meeting	Change	NUWAY	Mental Health	Independence
Therapy	Addiction	Serenity Prayer	Affirmations	Spirituality