

S	O	B	E	R
Stigmatization	Acceptance	Family	Positive coping strategies	Integrity
Co-occurring disorder	Self-help support group	Mental Health	Addiction	Resentments
Treatment	Affirmations	FREE	Memory loss	Has fewer than 90 days clean/sober
Celebrated a recovery milestone/Anniv within the past week	Has finished 12 Steps	Relapse	High risk situation	Money problems
Relationships	Has a sponsor	Gratitude	Meditation	Better communication

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Acceptance	Stigmatization	Trigger	Codependency	Gratitude

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Memory loss	Co-occurring disorder	Money problems	Codependency	Addiction
Acceptance	Trigger	Family	Treatment	Celebrated a recovery milestone/Anniv within the past week
Self-help support group	Relationships	FREE	High risk situation	Positive coping strategies
Better communication	Meditation	Has finished 12 Steps	Has fewer than 90 days clean/sober	Affirmations
Resentments	Integrity	Gratitude	Mental Health	Stigmatization