

S	O	B	E	R
Surrender	12-steps	Has a sponsor	Relapse	Memory loss
Celebrated a recovery milestone/Anniv within the past week	Substance abuse	NA/AA	Addiction	Self-help support group
Treatment	Affirmations	FREE	High risk situation	Higher Power
Resentments	Meditation	Positive coping strategies	Has fewer than 90 days clean/sober	Money problems
Better communication	Relationships	Co-occurring disorder	Trigger	Family

S	O	B	E	R
Treatment	Trigger	Addiction	Meditation	Celebrated a recovery milestone/Anniv within the past week
Relapse	Higher Power	Has a sponsor	Money problems	Affirmations
High risk situation	12-steps	FREE	Has fewer than 90 days clean/sober	Positive coping strategies
Family	Surrender	Co-occurring disorder	Resentments	Better communication
Memory loss	Has finished Step Nine	Self-help support group	NA/AA	Substance abuse

S	O	B	E	R
Resentments	Has fewer than 90 days clean/sober	Treatment	Family	Relapse
Relationships	Self-help support group	Trigger	Meditation	Affirmations
Positive coping strategies	Addiction	FREE	High risk situation	Has a sponsor
Has finished Step Nine	Memory loss	Better communication	12-steps	Surrender
Substance abuse	NA/AA	Higher Power	Money problems	Co-occurring disorder