

S	O	B	E	R
Treatment	Affirmations	Heroin	Relapse	Mental Health Court
Has a sponsor	Steroids	NNAMHS	Better communication	Positive coping strategies
Self-help support group	Celebrated a recovery milestone/Anniv within the past week	FREE	Money problems	Marijuana
Meditation	Relationships	Memory loss	Pain pills	Resentments
Inhalants	High risk situation	Meth	Co-occurring disorder	Family

S	O	B	E	R
Money problems	Mental Health Court	Celebrated a recovery milestone/Anniv within the past week	Self-help support group	Co-occurring disorder
Relapse	Marijuana	Meditation	Steroids	Better communication
Trigger	Meth	FREE	Has a sponsor	Heroin
Pain pills	Positive coping strategies	NNAMHS	Relationships	Family
Affirmations	Treatment	happy	Has finished Step Nine	High risk situation

S	O	B	E	R
Money problems	Has a sponsor	Pain pills	Has finished Step Nine	Better communication
Affirmations	happy	Trigger	Family	Steroids
Has fewer than 90 days clean/sober	Relationships	FREE	Memory loss	Positive coping strategies
Meth	Meditation	Marijuana	Celebrated a recovery milestone/Anniv within the past week	Resentments
Co-occurring disorder	Self-help support group	Mental Health Court	Heroin	NNAMHS