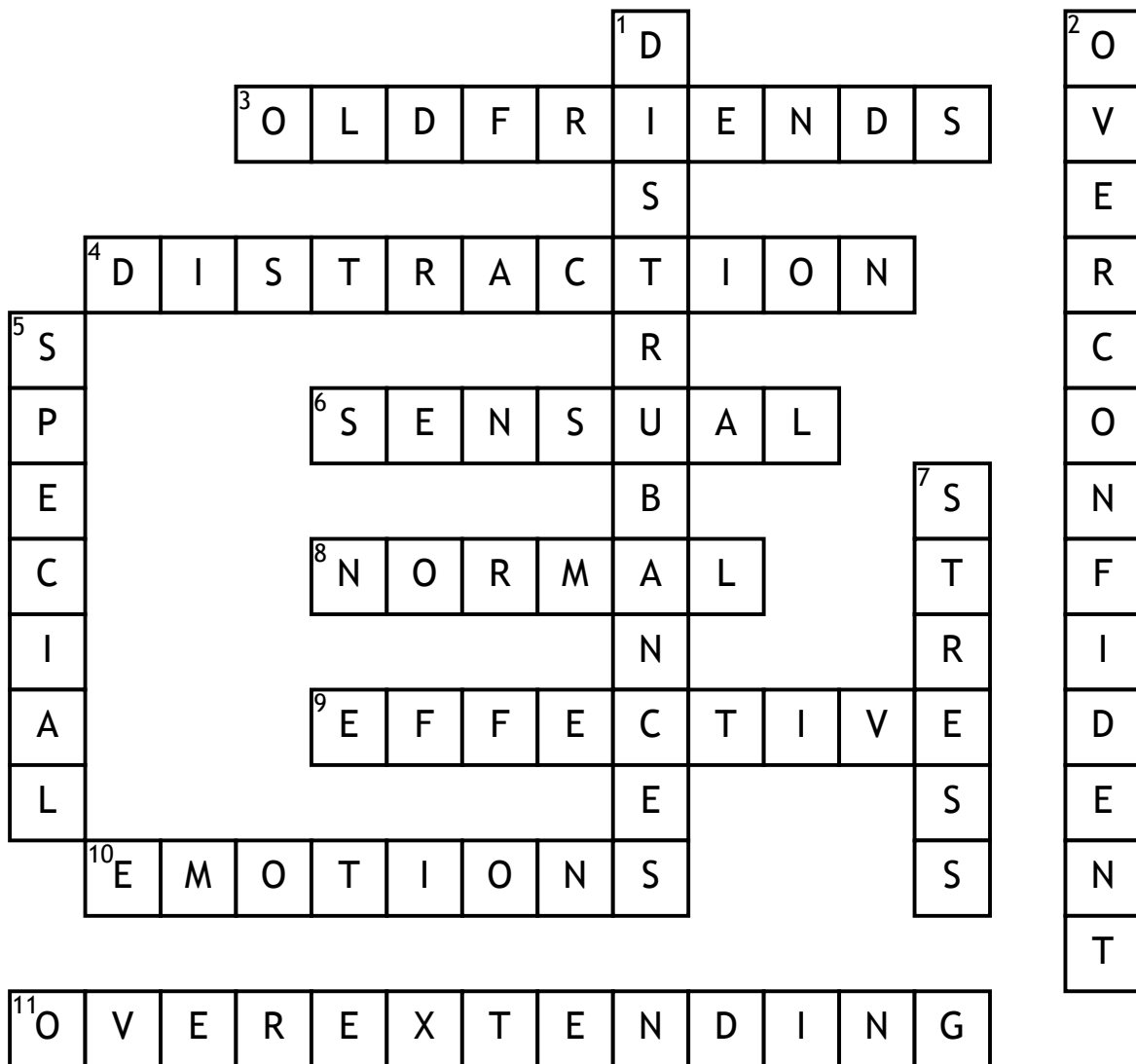


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Triggers



## Across

3. When trying to stay abstinent associating with \_\_\_\_ (2 words) is unwise and dangerous.
4. A trigger can be caused by not paying attention and being mindless. Such as when you watch TV. This is a \_\_\_\_.
6. Sight, sound, smell, taste, and tactile experiences are what kind of reminders of addictive behavior?
8. Sometimes relapse is caused by people trying to return to their old concept of a \_\_\_\_ life.
9. As your life changes and evolves your recovery plan may not be as \_\_\_\_.

10. When certain \_\_\_\_ are triggered it can cause an urge to return to substance use as a way to cope.

11. "If I can keep them sober, I can keep myself sober." Is the example of what in the text?

## Down

1. Researchers found that sleep \_\_\_\_ could be 5 times higher for those in early recovery than the average adult.
2. Being \_\_\_\_ can lead to you letting down your guard and thinking you are not at risk for relapse.
5. \_\_\_\_ events can lead to making poor decisions due to overconfidence.
7. This is the number one reason for addiction relapse.