

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

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

# Recovery

Y H T L A E H N O J F U K Z O E C I V R E S S S  
 R J Y W G N I L A N R U O J T A B I L L T O L L  
 E F T I N O I S S E S B O N I E B A N E O A X L  
 L E E A E W P V H W E F X G H C X U L I N E U I  
 A L I M H Q H V X T M S B E T N I O S R V G K K  
 P L R F O Q M P A L M I N F R A K M E E A N B S  
 S O B R K P R R B E G O K F O D U T U E L A A G  
 E W O E D A E R D B I K P B W N X L M I A H W N  
 A S S E Y P A I O S W K H E M E K O T A O C A I  
 B H U E S V T O S Y R L H G A P M U R G E Y C P  
 E I R E E A K E R K A U R A I E G U I L T E T O  
 S P D R T X R E T N M A Z D B D Z S K E D X I C  
 U C Y I S P V R R I T Y T D Z U S E F F E C O A  
 B A O K E O E E L I K A G I T A T G M S R E N Z  
 A N J D C A T I T J P F N C T B R N O E E R P S  
 E S E E T N T U H A K L I T S Q I E D R W S L H  
 C P R M I Y D G W O S T V I N N G L S E O I A A  
 N O E N L E V S O M P G A O E C G L I N P Z N M  
 A N L H A L T W B O B E R N O M E A W I M E C E  
 T S U A S M W M W L Z R C U A A R H R T E Z A E  
 S E K T I P L T B M B H R X W K G C F Y D K H C  
 B R U X R N E R J E F A M I N D F U L L N E S S  
 U I Z Q G C E T B E G L Y S G U R D Y T I N U B  
 S U P P O R T D S E M E E T I N G U I G W E E Q

- |            |               |               |                 |
|------------|---------------|---------------|-----------------|
| AA         | Abuse         | Action Plan   | Addiction       |
| Big Book   | Bill          | Bob W         | Bravery         |
| Challenges | Change        | Coping Skills | Courage         |
| Craving    | Denial        | Dependance    | Depression      |
| Desperate  | Drugs         | Empowered     | Excercise       |
| External   | Fellowship    | Gratitude     | Guilt           |
| HALT       | Healthy       | Hope          | Humility        |
| I am free. | I am worth it | Internal      | Journaling      |
| Meditation | Meeting       | Mindfulness   | NA              |
| Obsession  | PAWS          | Prayer        | Recovery        |
| Relapse    | Serenity      | Service       | Shame           |
| Sobriety   | Sponser       | Steps         | Substance Abuse |
| Support    | Treatment     | Trigger       | Unity           |
| Urge       | Wisdom        |               |                 |