

Relapse Prevention

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

denial	expectations	accountability	identify
problem solving	setbacks	structure	treatment
help	sobriety	cravings	coping skills
relapse	addiction	mood change	thoughts
warning signs	social pressure	stop	attitude
changes	believe	clean sober	behaviors
recovery	love	hope	meetings
alcohol	support	drugs	Relapse Prevention