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       accountablity       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