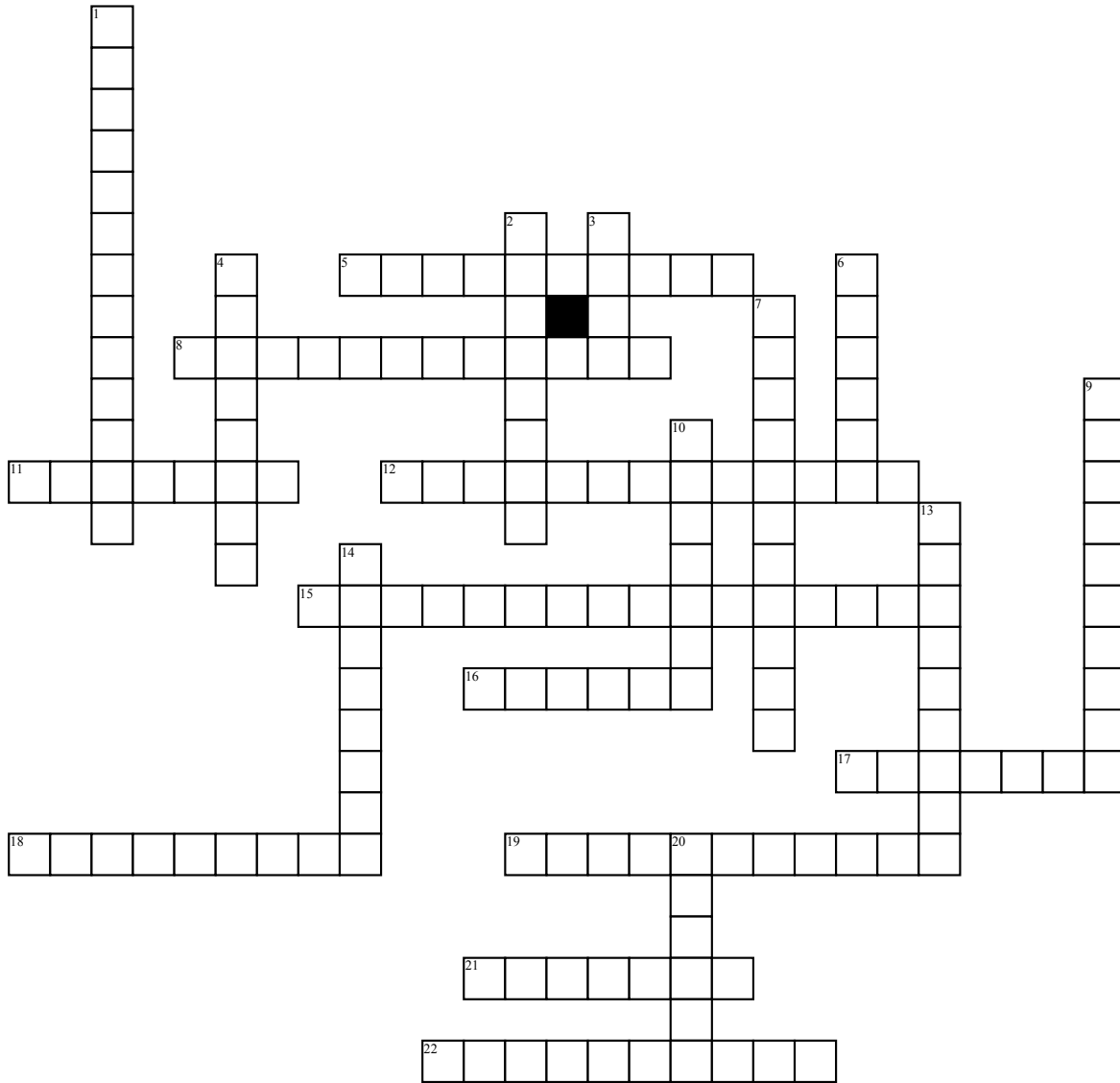


CHOICES AND RECOVERY



Across

- 5. This is the first Stage of Recovery _____.
- 8. Learning to have excellent _____ will help us through those bigger problems.
- 11. We have to understand that good _____ make life much easier.
- 12. _____ can lead to addiction.
- 15. The first Stage of Change which may show up in therapy because of pressures from others.
- 16. The Stages of _____ are the first stages in the recovery process.
- 17. We also must have a good _____ process.

- 18. Learning to adjust our _____ relates to making good choices.
 - 19. I am going to make plans and take action, also the third Stage of Change.
 - 21. I'm just not _____ on my recovery and this could lead to relapse.
 - 22. The final and fifth Stage of Recovery is the _____ Stage.
- Down**
- 1. The second Stage of Change where we struggle to understand our problem.
 - 2. After I chose to experiment, I am now _____.
 - 3. The _____ is the third Stage of Recovery and is due to boredom and fatigue.
 - 4. _____ can make our life stressful.

- 6. I am going to modify my behavior and my surrounds and this is the Fourth Stage of Change.
- 7. I have to have a strong commitment for _____ to complete the Stages of Change.
- 9. The fourth Stage of Recovery is _____.
- 10. _____ may come if I don't make sure I maintain the last phase of the Stages of Change.
- 13. The _____ is the second Stage of Recovery.
- 14. I may have _____ when I am experiencing triggers.
- 20. We all must be willing to _____ our addictions in order to change.