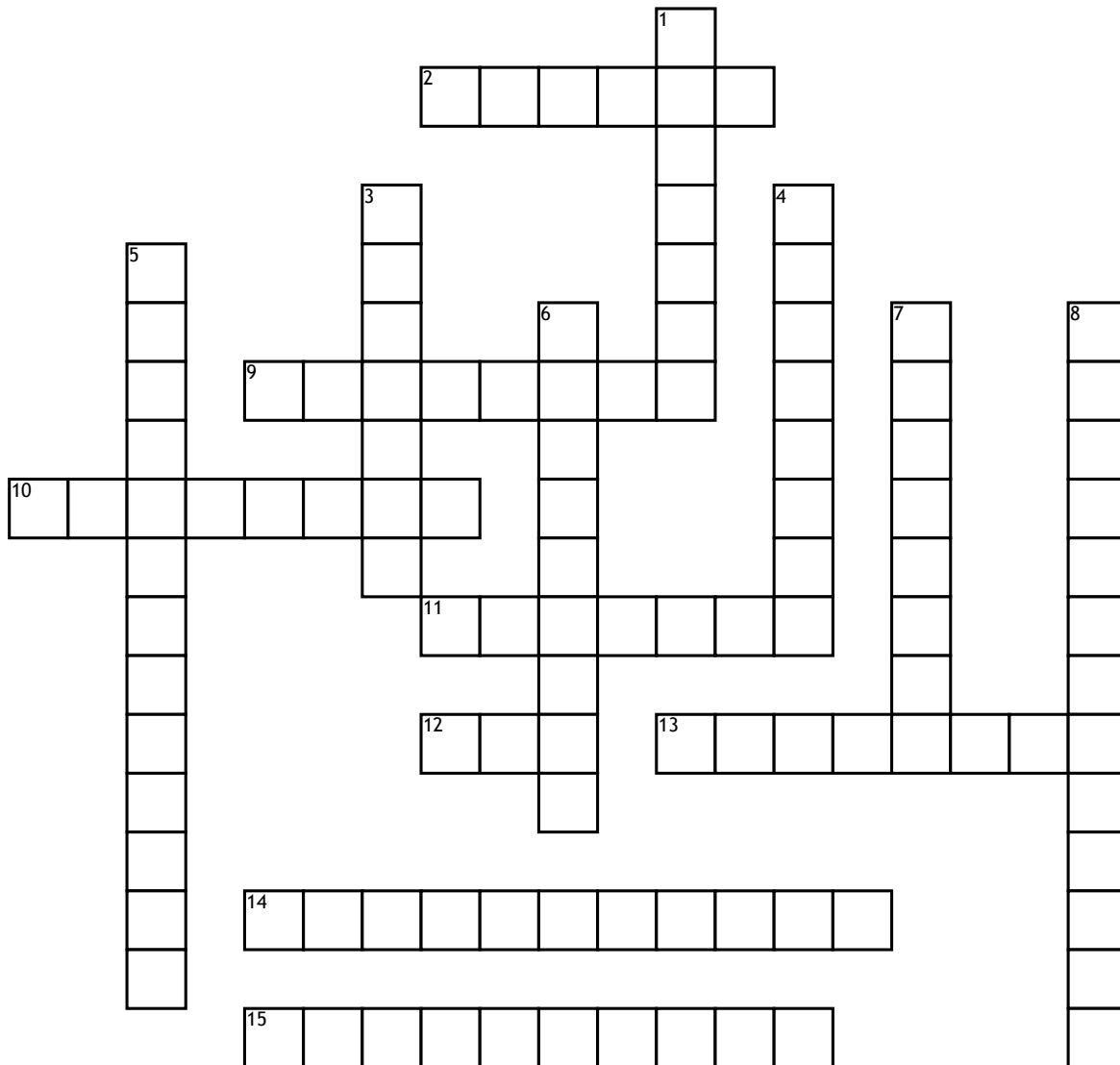


# Getting In The Habit



## Across

2. The thing your brain/body gets from performing certain actions.  
 9. Using certain words that are not considered polite.  
 10. Group of consumable items not really needed and often eaten out of boredom or habit (4-4)  
 11. Bad habit that provides nicotine.  
 12. Trigger your brain uses when deciding to commence a habit.

13. 100% legal drug that is over-used daily by many people.

14. The collective for things such as Facebook and Twitter. (6-5)

15. Some consider the things we make as a company bad and addictive. (5-5)

## Down

1. A powerful desire for something.  
 3. Unfulfilled feeling that can trigger your brain to respond with a bad habit.

4. Habit that involved acquiring lots of items.

5. The way habitual behaviour is performed without realizing or being aware of one's actions.

6. Control exerted to do something or restrain impulses.

7. Chemical release by the body that makes some habits so satisfying and addictive.

8. Neurological process that is at the core of every habit. (5-4-4)