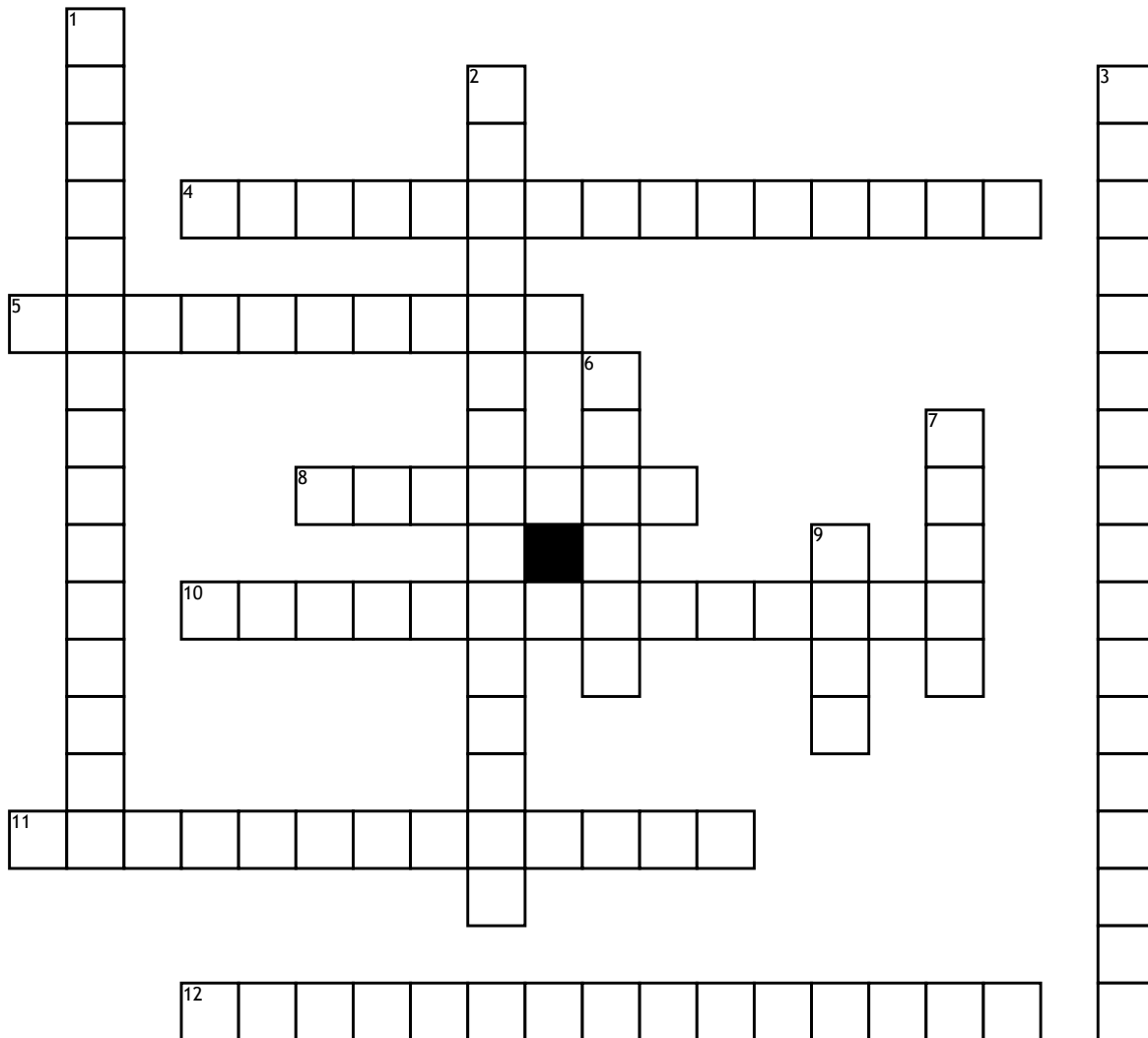


# Lesson 3



## Across

4. anything that triggers the flow of emotional energy
5. phase where you can get stuck
8. an event or situation that can spark a strong need to respond
10. when a person reflects on experiences involving criminal or addictive behaviors that are only positive.

11. pattern of thinking that focuses on the means to cope

12. the act of avoiding a particular behavior

## Down

1. the flood of thoughts resulting from the activating event
2. looking for ways to fulfill the urge
3. reasons or justifications

6. the actual behavior that satisfies the urge

7. a process that follows a predictable sequence

9. the first stage of the cycle