

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# RECOVERY

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

Urge surfing	Motivation	Relaxation	Cravings	Patience
Triggers	Recovery	Healing	Honesty	Excuses
Control	Impulse	Anxiety	Support	Coping
Things	Places	People	Loss	Help
Hope				