

Name: _____

Date: _____

Realapse Triggers

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

negative peers

meditation

anxiety

sponsor

pipes

depression

exercise

boredom

stress

urges

excitement

thoughts

dealers

music

beer