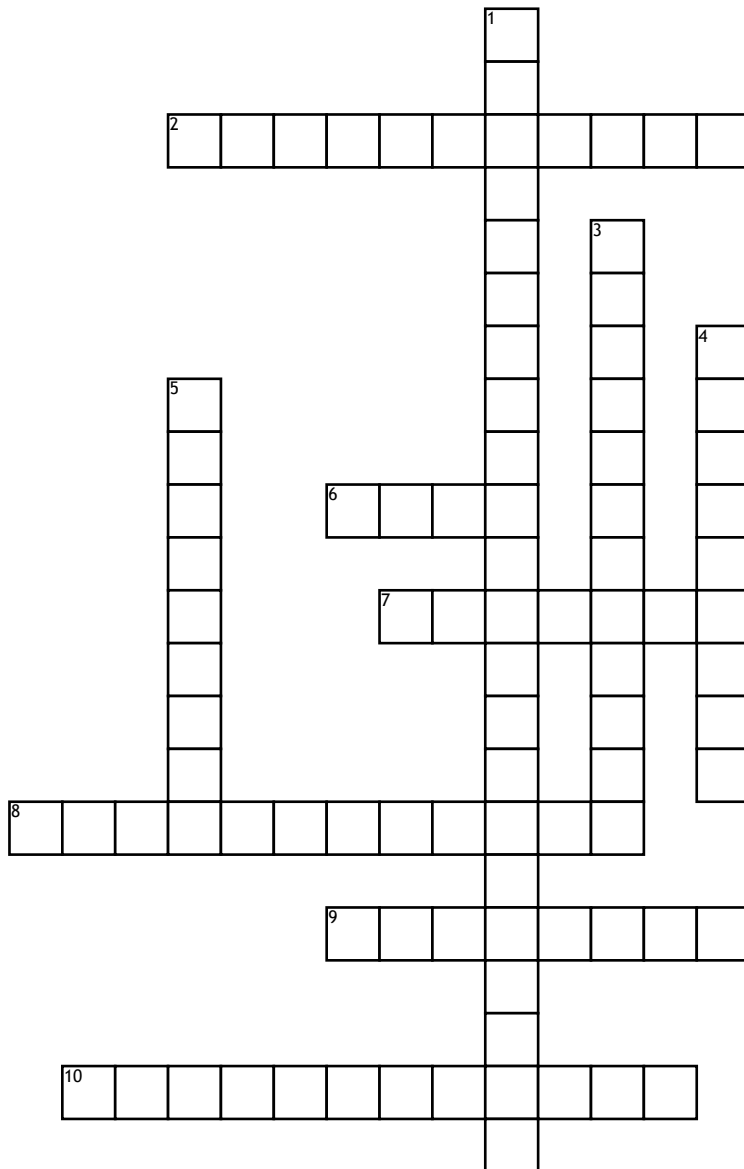


Recovery Principles



Across

2. An individual gains control of their own destiny.
6. Plays an integral role in an individual's recovery.
7. Recognizing that recovery is not a journey that anyone walks alone.
8. Gaining a sense of identity based on one's beliefs.
9. Recovery embraces all aspects of an individual's life including mind, body, spirit, and community.

10. Conscious or unconscious damage done to self by self.

Down

1. Relying on oneself to make choices which reflect one's life priorities.
3. Expressing oneself clearly and calmly in order to get one's needs met.
4. Learning all there is to know about one's health, symptoms, and treatment.
5. Recovery is not a one step process, it takes time and growth.