

Name: _____

Date: _____

Recovery Word Search

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

Positive self talk

Deep breathing

Go for a walk

Counseling

Exercise

Stress management

Support system

Boundaries

Gratitude

Friends

Accountability

Coping skills

Meditation

Self care

Yoga