

Name: _____

Date: _____

Recovery

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

coping skills
gratitude
Exercise
Sponsor
Sanity

Help others
Self care
patience
support
Angry

mindfulness
Tolerance
Healthy
Hungry
Relax

Boundaries
Emotions
honesty
Lonely
Tired