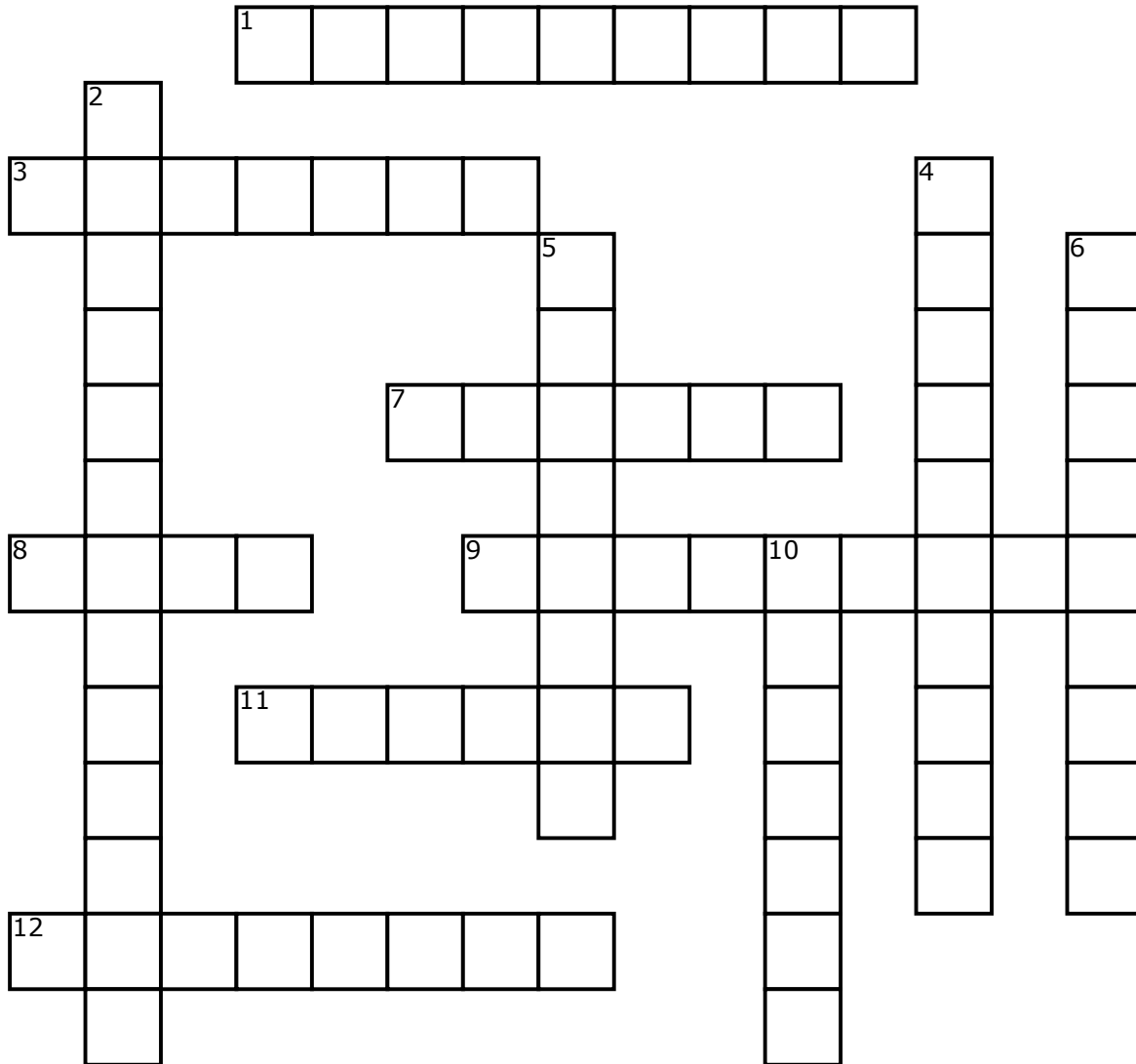


Relapse Prevention Ch. 1-4 Review



Across

1. This means to stay away from known triggers.

3. return to drug use or criminal behavior after abstinence from drug use or criminal behavior.

7. _____ listeners repeat back what they heard the other person say.

8. Acronym for Hungry, Angry, Lonely, Tired.

9. Thinking that help us prepare for things we will face in the future.

11. This type of pressure may be direct or indirect and could make a person in recovery feel uncomfortable.

12. These triggers involve our thoughts, emotions, or sensations.

Down

2. Only seeing things from our point of view and making everything about us.

4. downplaying the good things we do or experience and make them seem like less fun than they actually are.

5. _____ triggers include people, places, and situations that spark a craving that could lead to relapse.

6. _____ means noticing triggers.

10. The urge we feel after we experience a trigger.