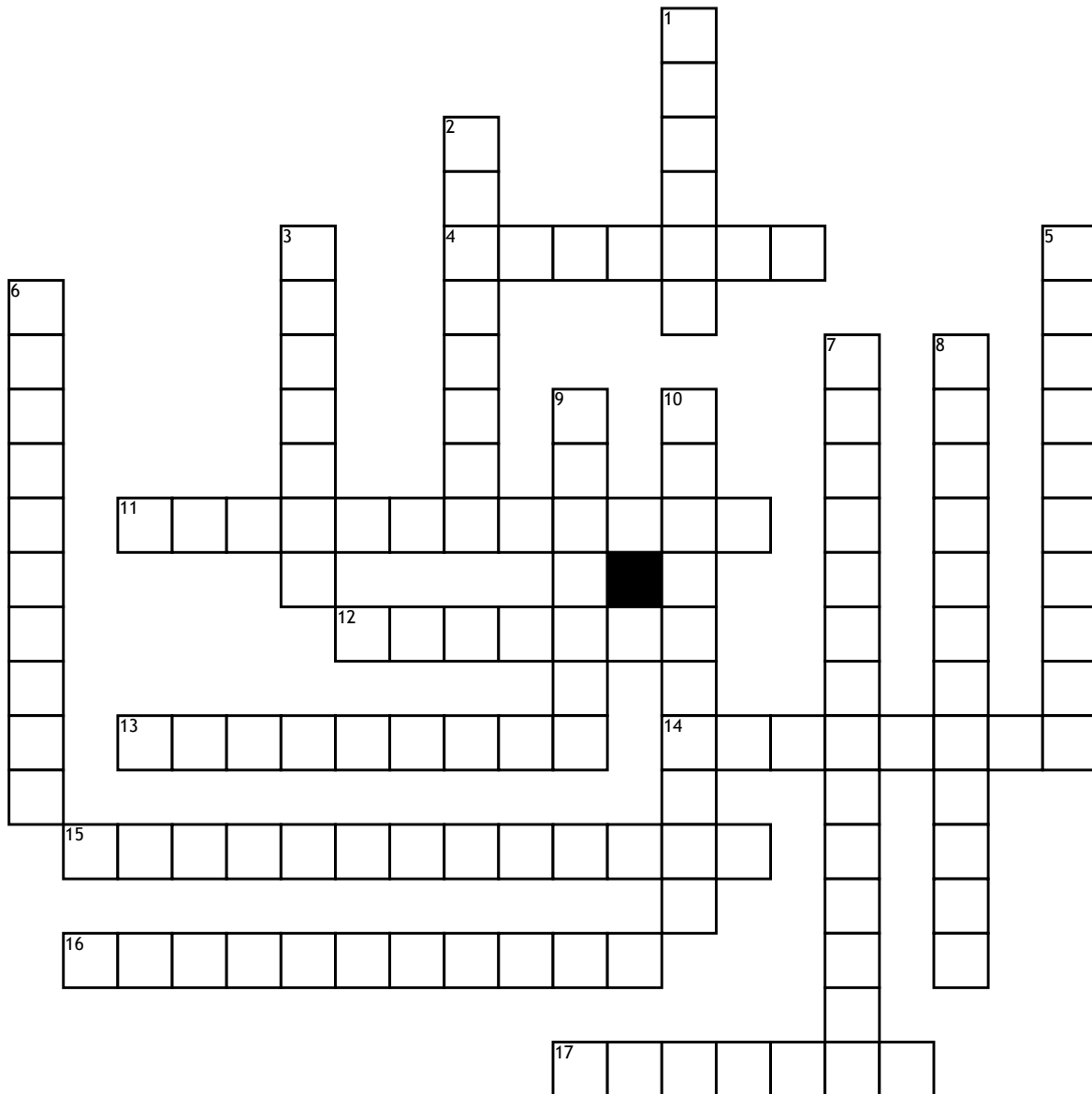


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# SAMI Group Crossword



## Across

4. Mood disorder that results in manic or depressive episodes

11. self help groups associated with a higher power that involves a step process

12. stimulant substance commonly abused with pain pills or alcohol

13. a complex issue which changes our brain reward system, strains our social relationships, and may be fueled by irrational beliefs

14. the process of practicing positive coping skills and taking care of yourself

15. assertiveness, active listening, and body language are all parts of

16. A strength used to manage negative emotions, cravings or low mood

17. people, places or things

## Down

1. these lead to unrealistic expectations and are used as \_\_\_\_\_ statements

2. judging yourself or someone else and calling yourself or someone else names

3. a mood or disorder associated with worry, nervousness and feeling on edge

5. your body's physical need for a drug

6. physical or mental limits one sets for themselves in relationships

7. model used to talk about change; include the \_\_\_\_\_ precontemplation, contemplation, preparation, action, and maintenance

8. part of our self that makes up how we find purpose and meaning in our lives

9. a natural state of mind that relates to one's mood and thoughts

10. Mood disorder related to feeling sad and/or angry and related to Bipolar