

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

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

# SEEKING SAFETY

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

case management  
forgiveness  
ask others  
community  
rethink  
cry

coping skills  
commitment  
self care  
resources  
honesty

substance use  
boundaries  
discovery  
self harm  
trauma

mindfulness  
compassion  
quotation  
recovery  
safety