

Name: _____

Date: _____

Searching for Recovery

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

relapseprevention
higherpower
askforhelp
grounding
schedule
selfcare
routine
growth
AANA

onestepatatime
abstinence
boundaries
breathing
selftalk
recovery
therapy
prayer
hope

affirmations
positivity
journaling
serenity
exercise
healing
bigbook
coping
PAWS

distractions
relaxation
treatment
progress
meetings
support
sponsor
peers

inspiration
meditation
challenge
selflove
stepwork
hobbies
change
sober