

Staying sober after rehab

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

recreationally
APPRECIATE
MEETINGS
NETWORK
relapse
BUSY

COMMUNICATION
CRAVINGS
ATTITUDE
PRESENT
LISTEN
SAFE

consequences
DISTRACT
selftalk
REGULAR
SLIPUP
PLAN

TECHNIQUES
VIGILANT
vigilant
IMMERSE
LISTS
HALT