

Name: _____

Date: _____

reducing addiction: cognitive behavioural therapy (CBT)

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

cognitive restructuring
anger management
embarrassment
challenged
education
treatment
specific
cope

assertiveness training
nature of chance
faulty beliefs
confronted
imitating
rational
anxiety
cbt

educational element
skills training
social skills
dependence
reasoning
relapsed
client

functional analysis
broad spectrum
addictions
conflicts
therapist
roleplay
models