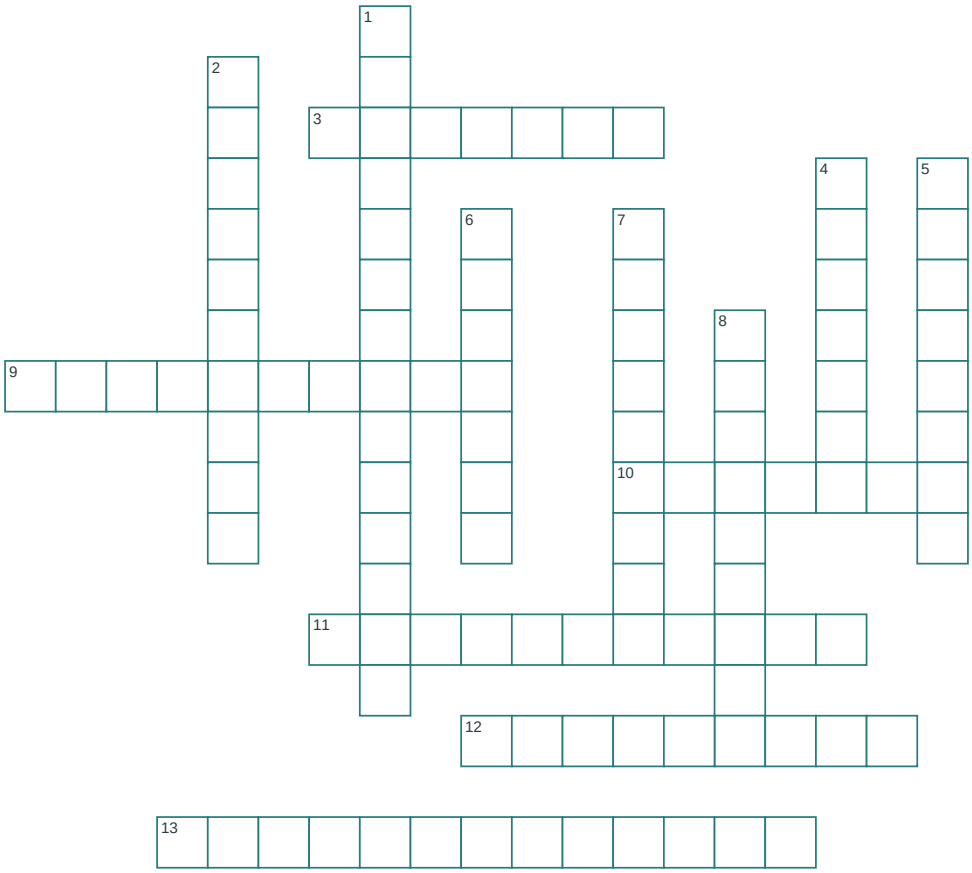
Relapse prevention

A crossword to explore recovery words and ideas

Name: _____ Date: _____

Use the clues below. Leave out spaces when an answer has two words.



Across

3. Treatment intended to relieve or heal a disorder.

9. Quiet reflection or a practice of focusing attention.

10. Something that brings back thoughts, feelings or memories linked to addiction.

11. A helpful way of managing a difficult feeling or situation. (Two words)

12. A sense of connection with people who share interests or goals.

13. Family, friends, peers or professionals available to help. (Two words)

Down

1. Support and treatment that help someone rebuild health and everyday life after addiction or illness.

2. Action taken to stop something from happening.

4. A strong urge or desire for something.

5. The process of rebuilding health, wellbeing and life after addiction or illness.

6. An experienced person who guides a newcomer in a recovery fellowship.

7. A term often used for drugs taken for nonmedical purposes, especially illegal drugs.

8. A condition involving difficulty controlling substance use or a behaviour despite harm.