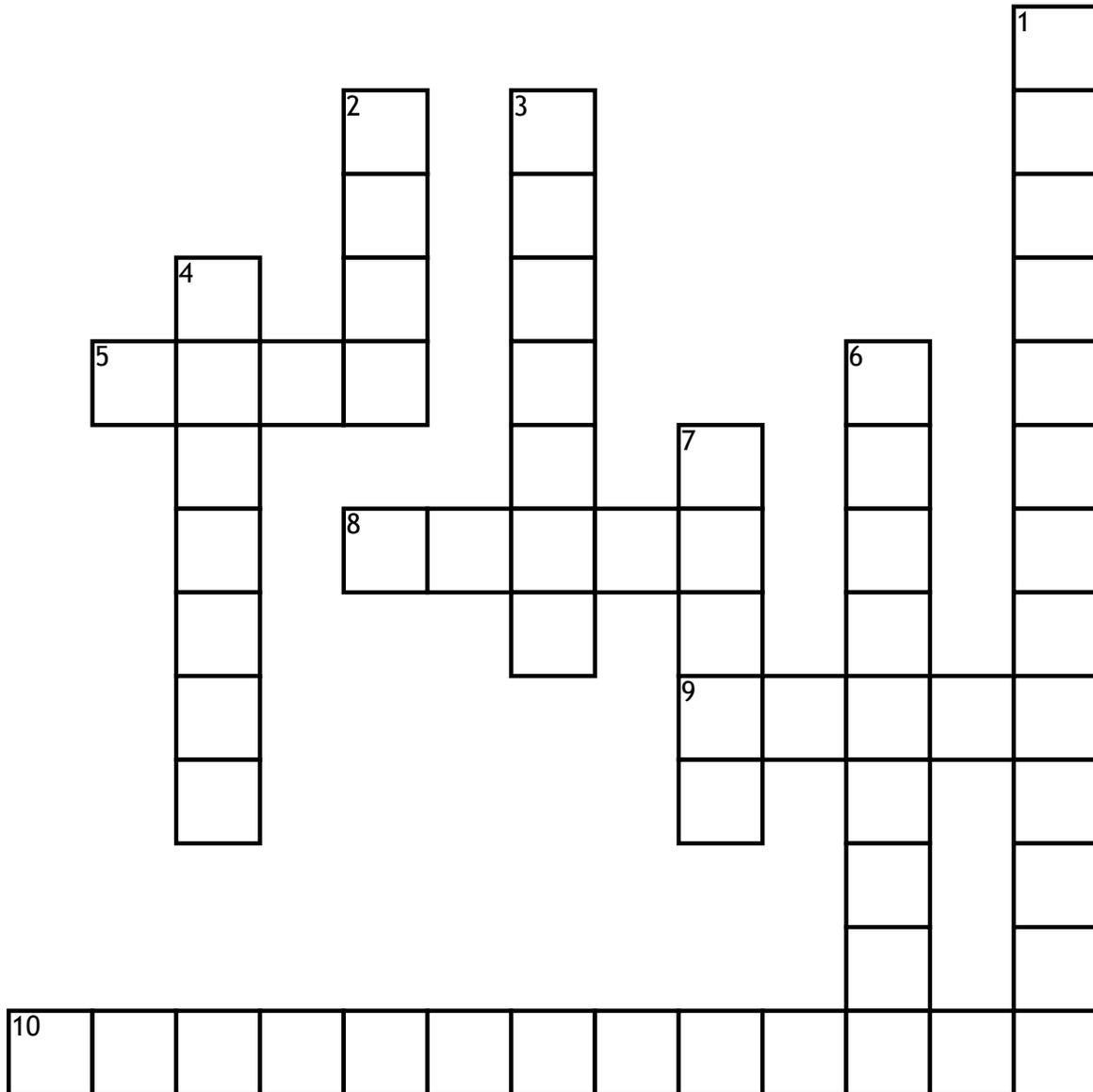


BNM+ top tips



Across

5. how many problem solving steps are there?

8. relationships should not be just about one person, they should be...

9. What month did BNM+ end?

10. Which wheel looks at areas to a happy life?

Down

1. Which Great 8 helps you to stop before you do something?

2. How many steps are there in i-language?

3. What do we call the 'break' we take when things are too much?

4. what do we need to hear before sex?

6. Which is best: passive, aggressive or assertive?

7. Which 'Me' is not helpful? Old Me or New Me?