

Name: _____

Making Changes

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

anger management

environment

substances

associates

behaviors

thinking

sobriety

changes

choices

alcohol

action

habit