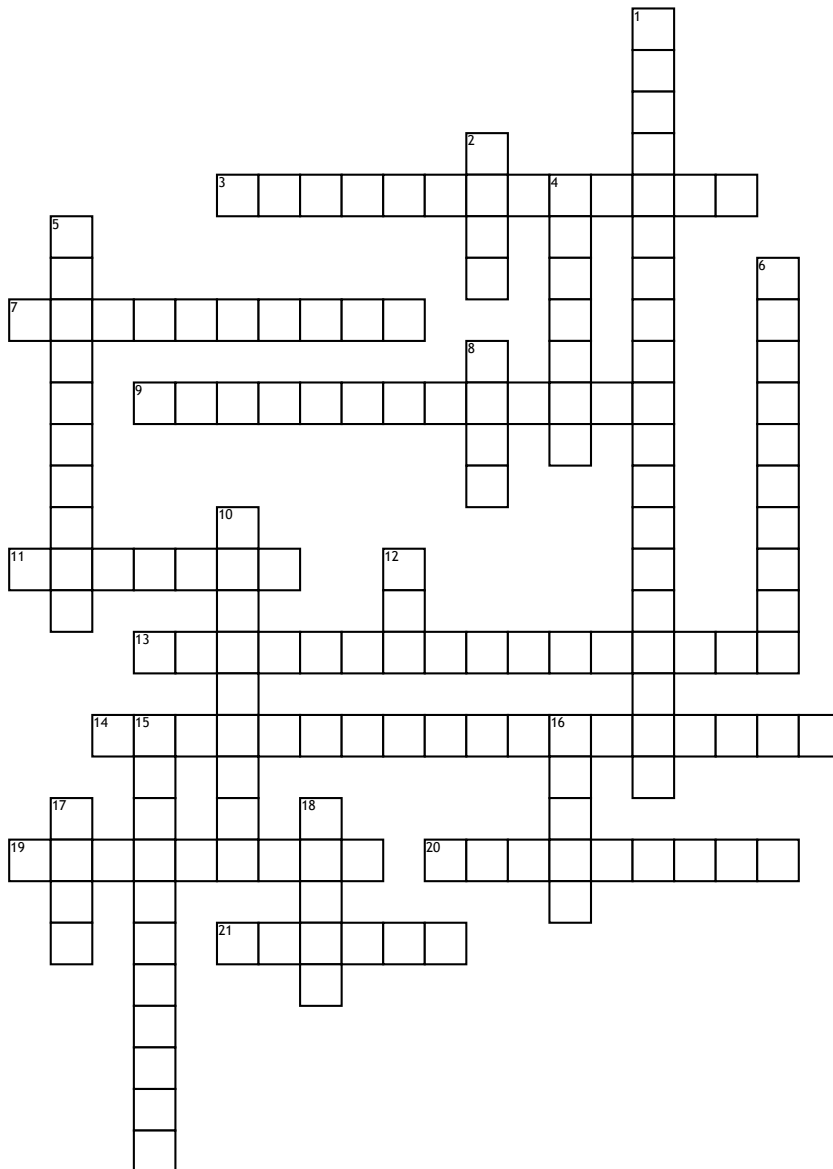


Mr. B's Treatment Crossword



Across

3. the world is built on these; there are many different types

7. a way of viewing something that includes your emotions

9. a faulty thought; distortion in the way you think

11. this is possible but not a stage that must happen

13. before you see or think that there is a problem

14. acting out based on your feelings instead of thinking first

19. someone you can evaluate your thoughts with as you work on your treatment

20. a way of viewing something that takes the emotions out

21. The only thing that is constant

Down

1. the ability to manage your emotions in a healthy way

2. recovery equals real

4. an essential part of maintaining a successful recovery that involves others

5. limits that you set that provide structure, safety, order, etc.

6. what is needed to balance the chemicals within you

8. this is based on changing the emotions that then lead to changing the behavior

10. communicating in a way that is clear and concise

12. this is based on changing the thoughts that then lead to changing the behavior

15. the stage of recovery that never ends

16. one of the things that get you in trouble if not under control

17. to deal with something that might be causing you a problem in a healthy way

18. I choose to live just for