

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Your First Few Days

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

positive outlets  
readjusting  
self help  
organize  
support

consequences  
temptations  
structure  
changes  
cope

action plan  
optimistic  
schedule  
balance  
plan