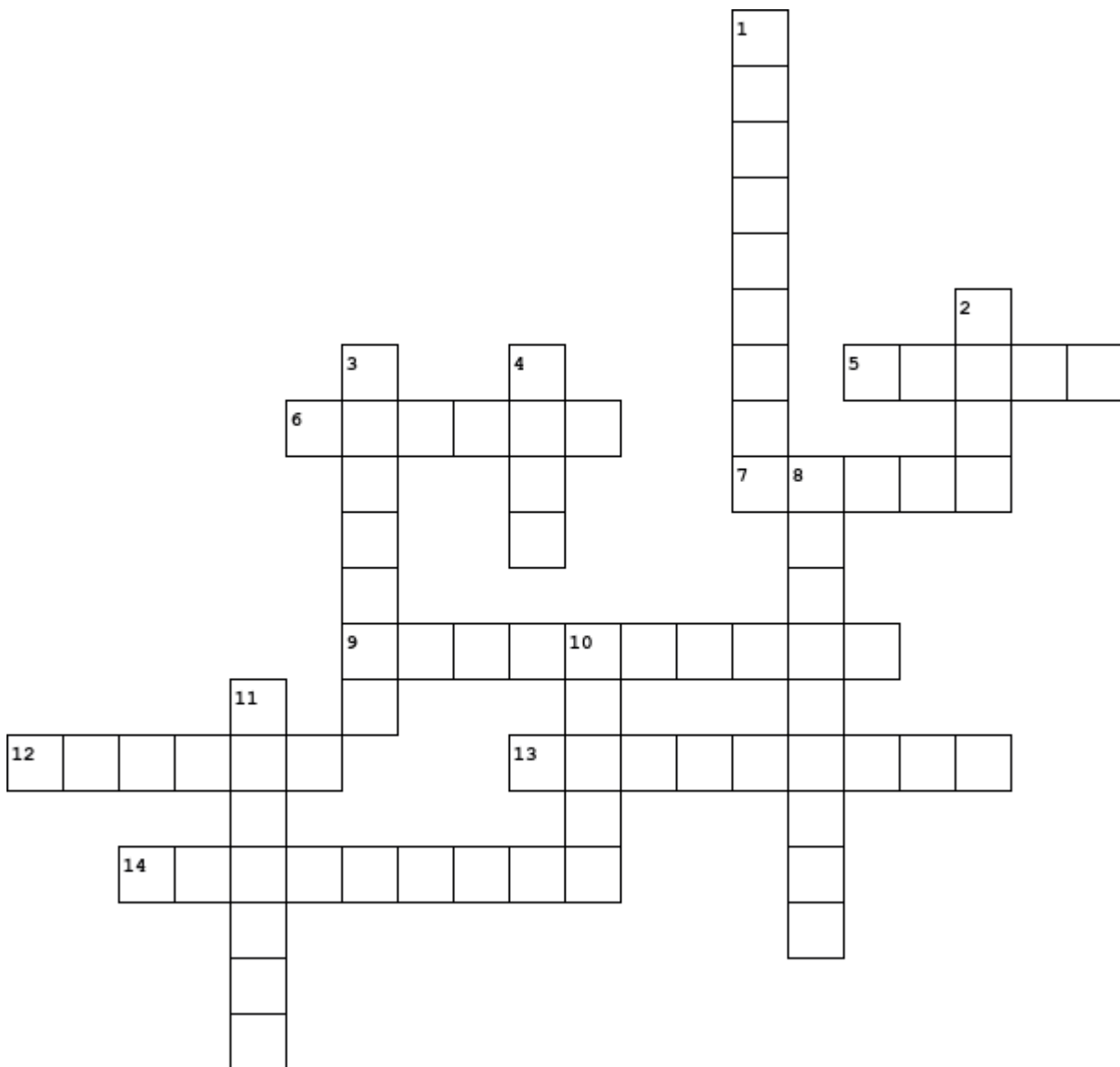


# The Path to New Habits: Questions to Foster Change



## Across

5. What small step can you take today to get back on (**Kurs/ Spur**)?
6. How can you (**belohnen**) yourself?
7. How does this habit (**nützen**) you in the short term?
9. How can you show yourself (**Mitgefühl**) instead of guilt after a slip-up?
12. What (**Folgen/ Auswirkungen**) does this habit have on your long-term well-being?
13. Who or what could help you stay (**motiviert**) when things get difficult?
14. What do you think (**auslösen**, simple past) the slip?

## Down

1. What (**Hindernisse**) do you think you might face when trying to make this change?
2. What small steps can you (**tun/ gehen**) to start this change?
3. What could you do differently next time to prevent a similar (**Rückschlag**)?
4. When do you feel the strongest (**Drang**) to drink?
8. How can you make the change easy and (**angenehm/ erfreulich**)?
10. What changes can you make to (**vermeiden/ umgehen**) this trigger in the future?
11. What will improve when you (**erreichen**) this goal?