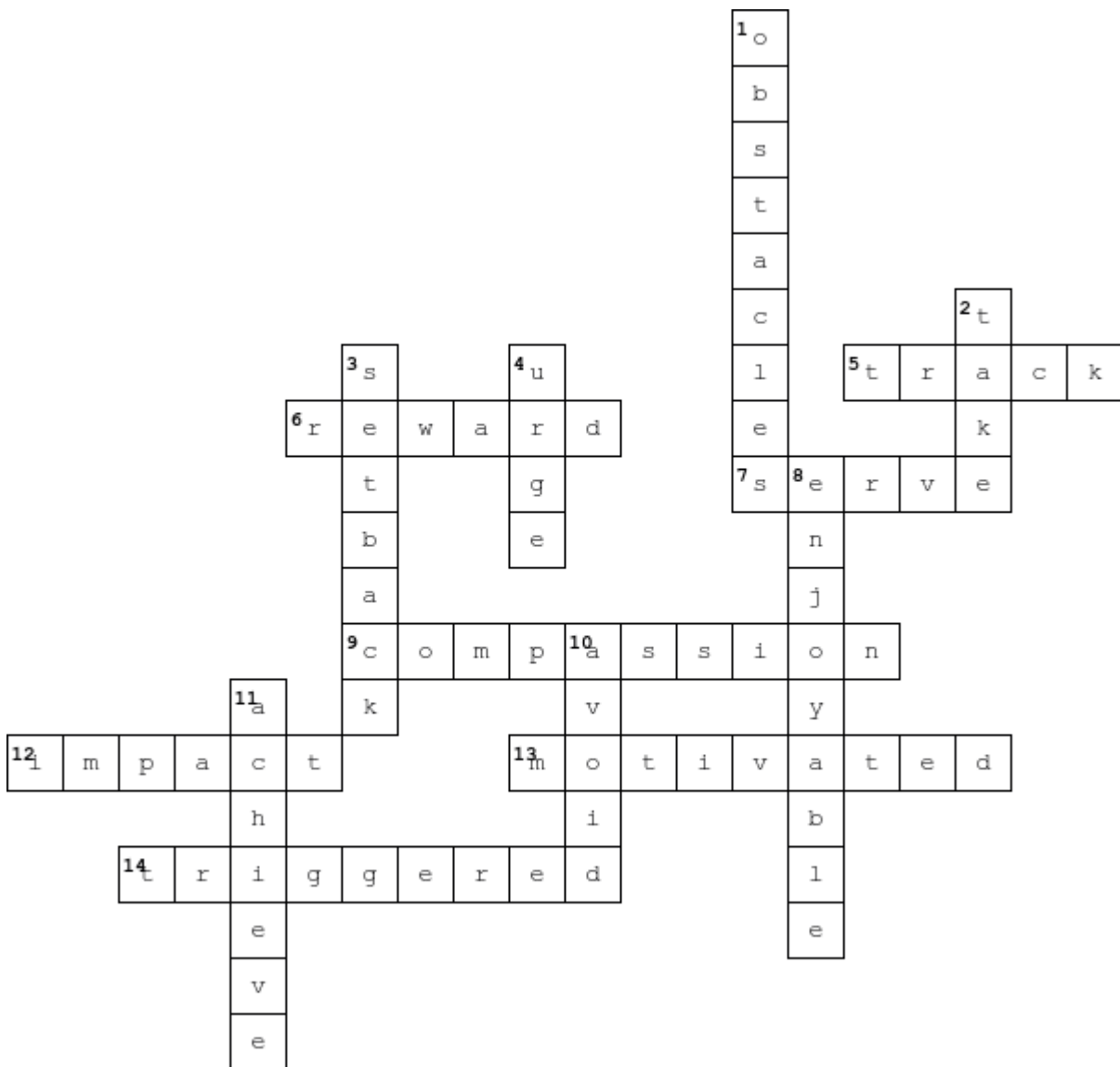


The Path to New Habits: Questions to Foster Change



Across

5. What small step can you take today to get back on **track**?
6. How can you **reward** yourself?
7. How does this habit **serve** you in the short term?
9. How can you show yourself **compassion** instead of guilt after a slip-up?
12. What **impact** does this habit have on your long-term well-being?
13. Who or what could help you stay **motivated** when things get difficult?
14. What do you think **triggered** the slip?

Down

1. What **obstacles** do you think you might face when trying to make this change?
2. What small steps can you **take** to start this change?
3. What could you do differently next time to prevent a similar **setback**?
4. When do you feel the strongest **urge** to drink?
8. How can you make the change easy and **enjoyable**?
10. What changes can you make to **avoid** this trigger in the future?
11. What will improve when you **achieve** this goal?