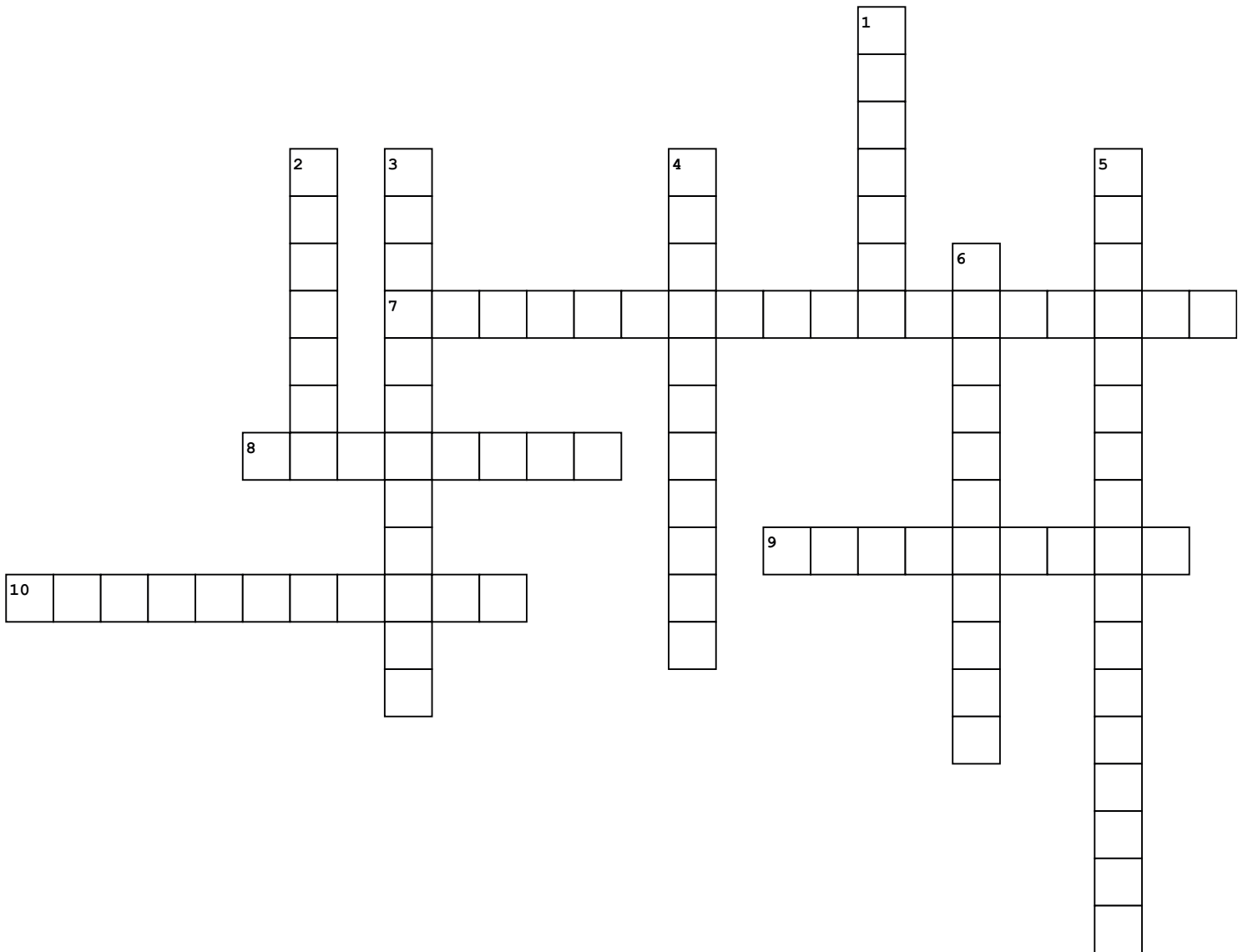


# Mental Alertness



## Across

7. an action by people, such as family members, who want a person to get treatment for an addiction
8. the sum total of the traits that have been transmitted to you from your biological parents
9. a person's use of self-control to act on responsible values
10. the confidence in yourself that helps you succeed and take care of your health

## Down

1. someone who makes excuses for a friend's alcohol use, for example
2. the return to an addictive behavior after a period of having stopped it
3. a high regard for oneself as a result of behaving in responsible ways
4. your home, school, and the people around you, for example
5. a harmful habit that is repeated, is difficult to stop, and has harmful effects
6. a person's unique blend of physical, mental, social, and emotional characteristics