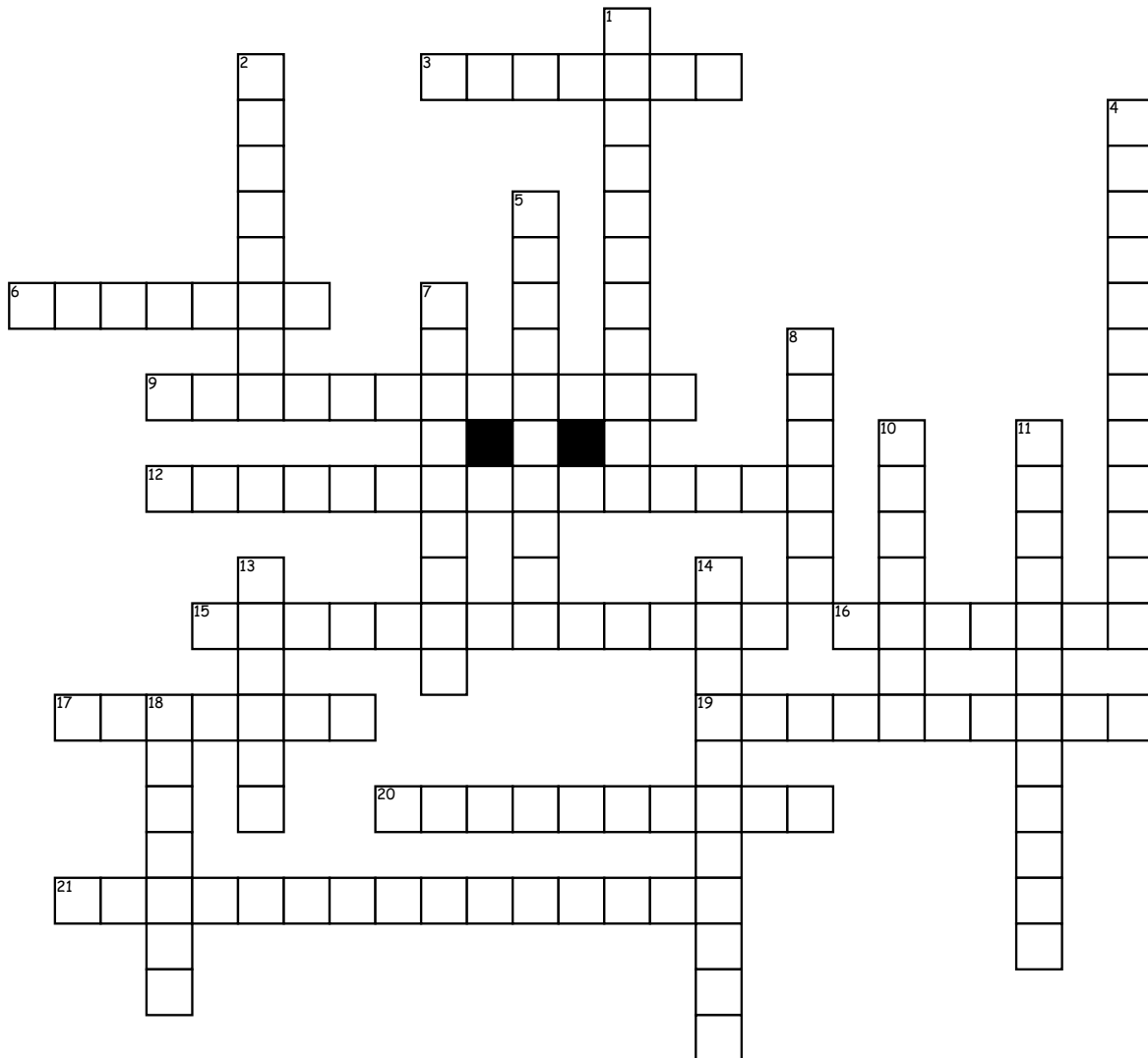


Name: \_\_\_\_\_

# Anger Management



## Across

3. through mistakes people learn how to

6. On going anger

9. Anger that is closely related to frustration

12. ABC's of anger, A is

15. Anger directed towards self

16. Cleverly hidden anger

17. behavior response to anger

19. this type of person forces opinions on others

20. Assertive people are willing to

21. The process of learning how to "calm down"

## Down

1. ABC of anger, C is

2. anger that can be explosive and intense

4. Positive anger

5. a form of resentment or loathing

7. usually the body's first response to anger is increased

8. Angry people are often the ones who let the \_\_\_\_\_ things bother them

10. physical response to anger

11. Used to monitor anger

13. ABC of anger, B is

14. Anger directed towards an individual

18. Something that happens and you react to it