Ch. 2 Personality, Self-Esteem, & Emotions

Across
3. A reaction to a situation.
8. Consist of the behaviors, attitudes, feeling, and ways of thinking that make you an individual.
9. Emotions we are born with.
10. Copying the behavior of others.
13. Maslow arranged these needs in a pyramid.
15. Studies how people think, feel, and behave.
16. Refers to how much you respect and like yourself.

Down
1. Coping strategies that help you to protect yourself from difficult feelings.
2. This trait describes how responsible and self-disciplined you are.
4. Tend to be relaxed, secure, and calm, even during difficult situations.
5. To achieve your full potential.
6. A way of dealing with an uncomfortable or unbearable feeling or situation.
7. This trait describes your tendency to relate to other people in a friendly way.
11. Friends who are about the same age and share similar interest.