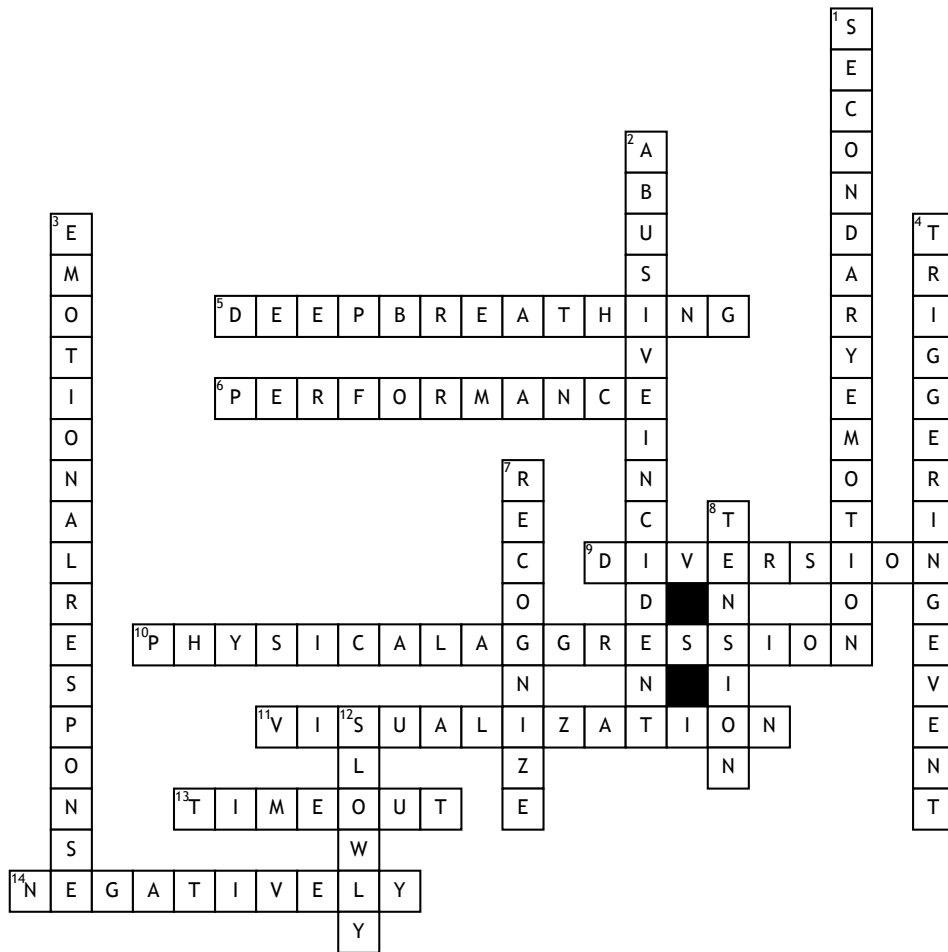


Crosswords of Anger



Across

5. Using your lungs to do a _____ exercise can help slow your heart rate and calm you down.
6. Anger is a problem when it hinders _____ at work or school.
9. Using a _____ to distract yourself for 30 minutes allows you a better chance of dealing with your anger in a healthy way.
10. _____ can lead to severe consequences such as physical harm to one's self or others, property damage, and legal trouble.
11. What is it called when you imagine a relaxing experience as a coping skill?

13. What is it called when two individuals agree to walk away from a problem and return once they have an opportunity to cool down?

14. Anger is a problem when it _____ affects others.

15. What are the indicators that tell us when we are beginning to get angry called?

Down

1. Anger is option described as a _____ because it is usually a response to another emotion, such as hurt, fear, or sadness.

2. What is it called when verbal, emotional, physical, or sexual abuse occurs?

3. What is it called when negative thoughts lead to negative emotions, even if the thoughts are irrational?

4. What is an event or situation that "triggers" a person's anger?

7. The first step to managing anger is learning to _____ what your personal warning signs are.

8. What builds when stress begins to grow from the pressure of daily life, or other points of conflict?

12. Anger builds _____ and can happen entirely outside of your awareness.

Word Bank

Emotional Response

Triggering Event

Negatively

Diversion

Performance

Secondary Emotion

Tension

Physical Aggression

Abusive Incident

Visualization

Anger Warning Signs

Time-out

Recognize

Deep Breathing

Slowly