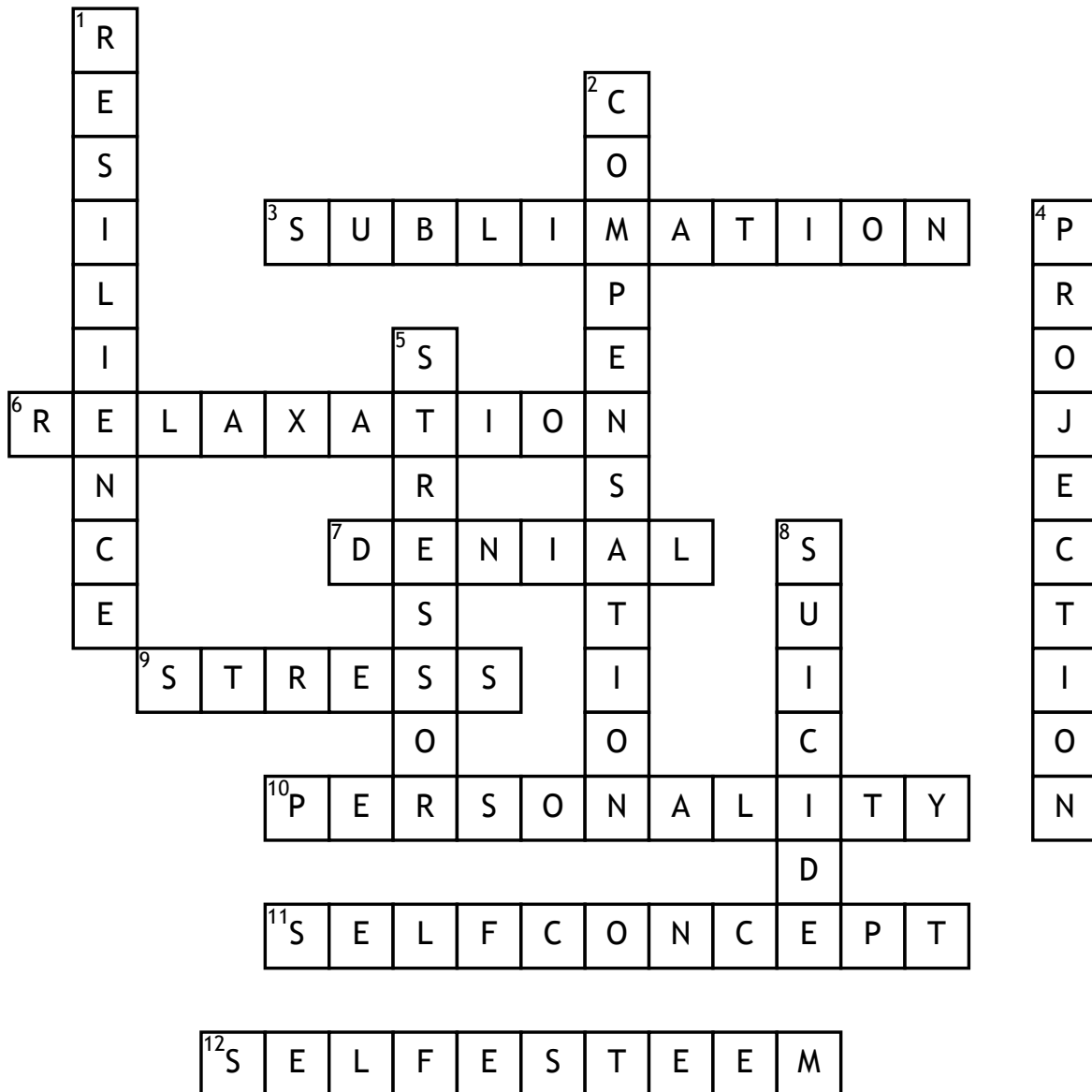


Name: \_\_\_\_\_ Date: \_\_\_\_\_

# 8th Mental and Emotional



## Across

3. Transforming unacceptable behaviors into acceptable ones; can involve redirecting specific behaviors
6. The ability to slow down your heart rate
7. Refusal to accept reality.
9. The bodies response to change

10. Unique combination of feelings, thoughts, behaviors that make you different from everyone else

11. The view you have of yourself

12. The way you feel about yourself, and how you value yourself

## Down

1. Ability to bounce back from disappointment

2. A person who tries to make up for his/her weakness by developing strengths in other areas

4. A person shifts the blame/responsibility for his/her actions

5. Anything that causes you stress

8. The intentional taking of ones own life