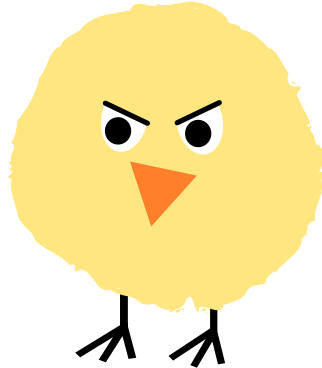


Name: _____

Date: _____

Anger Management



- reframing your thinking
- progressive muscle
- deep breathing
- coping skills
- interventions
- anger cycle
- talk it out
- aggression
- relaxation
- exercise
- outraged

L J P V N T U N D Z Z J C O P I N G S K I L L S
 R E N X G U Y O J V E U O Y U S S I A O V V G V
 E U J B O O R I Y C N Z I I I E T M V W F Y Q H
 F Y J T X T F T N I B O C F W S S T A G D H V G
 R X H Y E I P O E B N Q I N E G R T N K A X P L
 A J F W I K O M U F E T S S D O J T L P P M S F
 M C S A D L T E A S P O S E S C R A B B Y S N P
 I I Y N O A A R A U U S X N P E O A D Q E T O D
 N U B G J T C W I S H M O R Q G R H E R S A I M
 G C X E J P R A S G C X E W A K N G T A F Z T O
 Y I S R G G V K L T G G P I U N K S G M J L N M
 O S R C K F Q O X M N E L G J Y M A E A S B E M
 U U Y Y M S T I X A C Q R X T U K W I K E F V C
 R M U C T V I Q B T I U X S D E G A R T U O R Q
 T E X L Q E I M A G E R Y N L V N V C T J D E G
 H S L E G S F X D E E P B R E A T H I N G L T V
 I D L K F I E V O S N Z J Q W E X T L S P D N O
 N R S T X C K Q M D U B I L C K N Q U X G Y I S
 K L E M M R I C K J R Q I R E L A X A T I O N X
 I F A W K E J S E I N S U L T S X M D J K M Q U
 N S D L T X Z X C F C F J E V S X H Z A T F I S
 G A Z G B E I Q N U I W R G I R A T E V S P N M
 M O A U E C V F X L J L T J Q E E U O B K L B T
 F J E U B U P R O G R E S S I V E M U S C L E O

- triggers
- emotion
- imagery
- insults
- crabby
- stress
- anger
- irate
- music
- calm