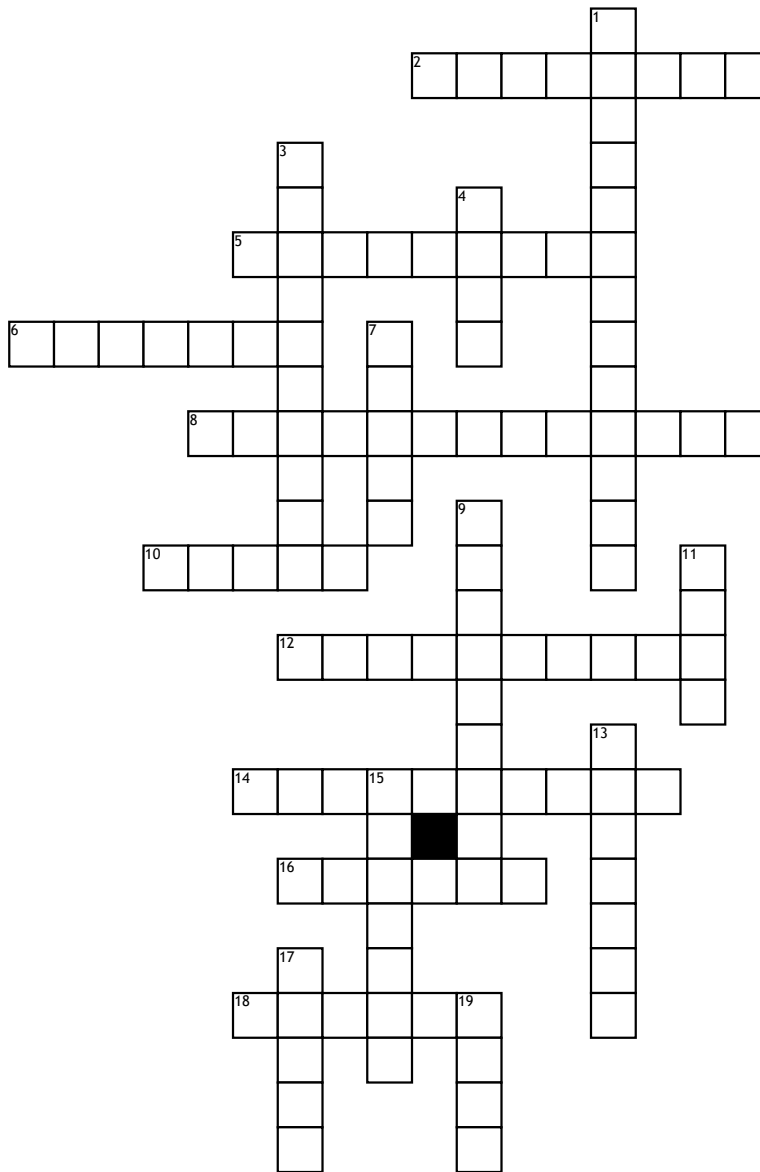


Anger, Triggers & Anger Management



Across

- 2. anger cue dealing with your body
- 5. anger cue dealing with your feelings
- 6. something that causes a negative emotional response
- 8. the response to stress that makes you feel stuck
- 10. the T in HALT
- 12. anger style where someone hits, screams, yells
- 14. anger cue dealing with your actions
- 16. the H in HALT

18. the L in HALT

Down

- 1. the relaxation technique requires you to imagine a scene
- 3. agree to disagree in situations
- 4. the yoga pose we performed using our abs
- 7. most difficult for us to do is admit you are what?
- 9. anger style where someone directly talks to the person
- 11. this yoga pose required a lot of balance

13. anger style where someone keeps their feelings inside

15. the A in HALT

17. this yoga pose is named after a snake

19. this relaxation technique requires slow, steady movement and stretching