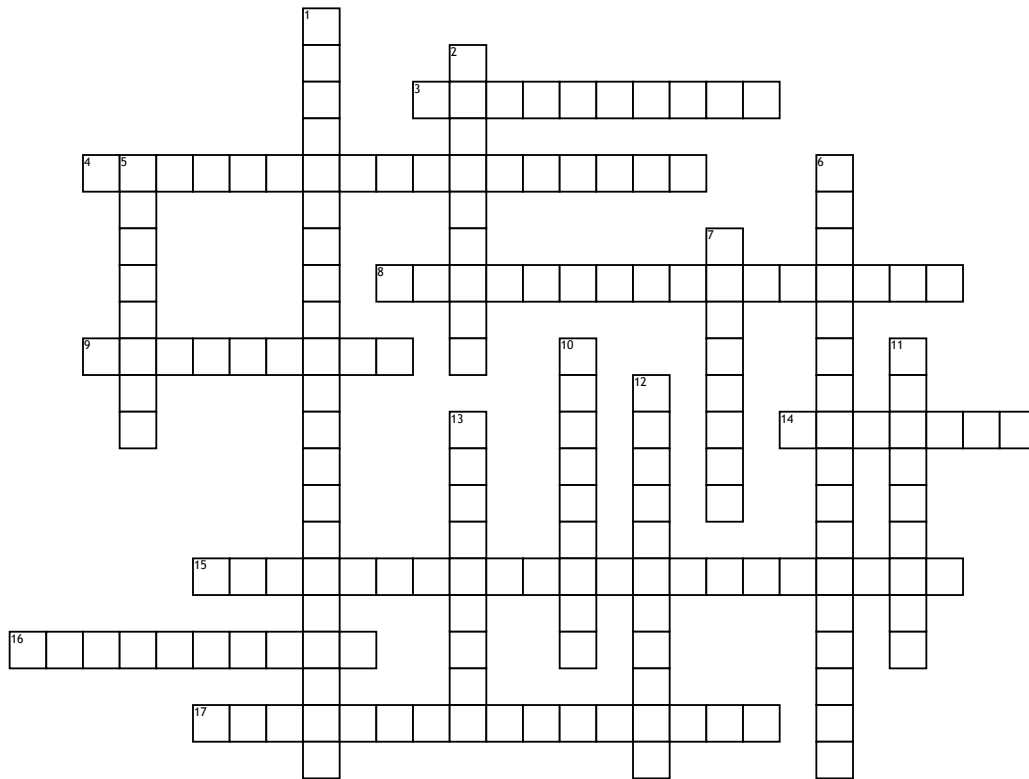


Name: _____

Date: _____

Chapter 3 Vocab



Across

3. how much you value, respect, and feel confident about yourself
 4. to strive to do the best you can
 8. ranked list of those needs essential to human growth and development
 9. the intentional use of unfriendly or offensive behavior
 14. ability to imagine and understand how someone else feels
 15. the ability to accept yourself and others, express and manage emotions, and deal with the demands and challenges you meet in your life

16. having enough skills to do something

17. your self of yourself as a unique individual

Down

1. non-hostile comments that point out problems and encourage improvement
 2. ability to adapt effectively and recover from disappointment
 5. signals that tell your mind and body how to react
 6. mental processes that protect individuals from strong or stressful emotions and situations

7. chemicals produced by your glands that regulate the activity of different body cells

10. a firm observance of core ethical values

11. the distinctive qualities that describe how a person thinks, feels, and behaves

12. a complex set of characteristics that makes you unique

13. someone whose success or behavior serves as an example for you

Word Bank

Defense-Mechanisms

Mental-Emotional-Health

Self-Actualization

Constructive-Criticism

hormones

emotions

personal-Identity

Empathy

Integrity

Personality

Hierarchy-Of-Needs

Character

Hostility

Role-Model

Competence

Self-Esteem

Resilient