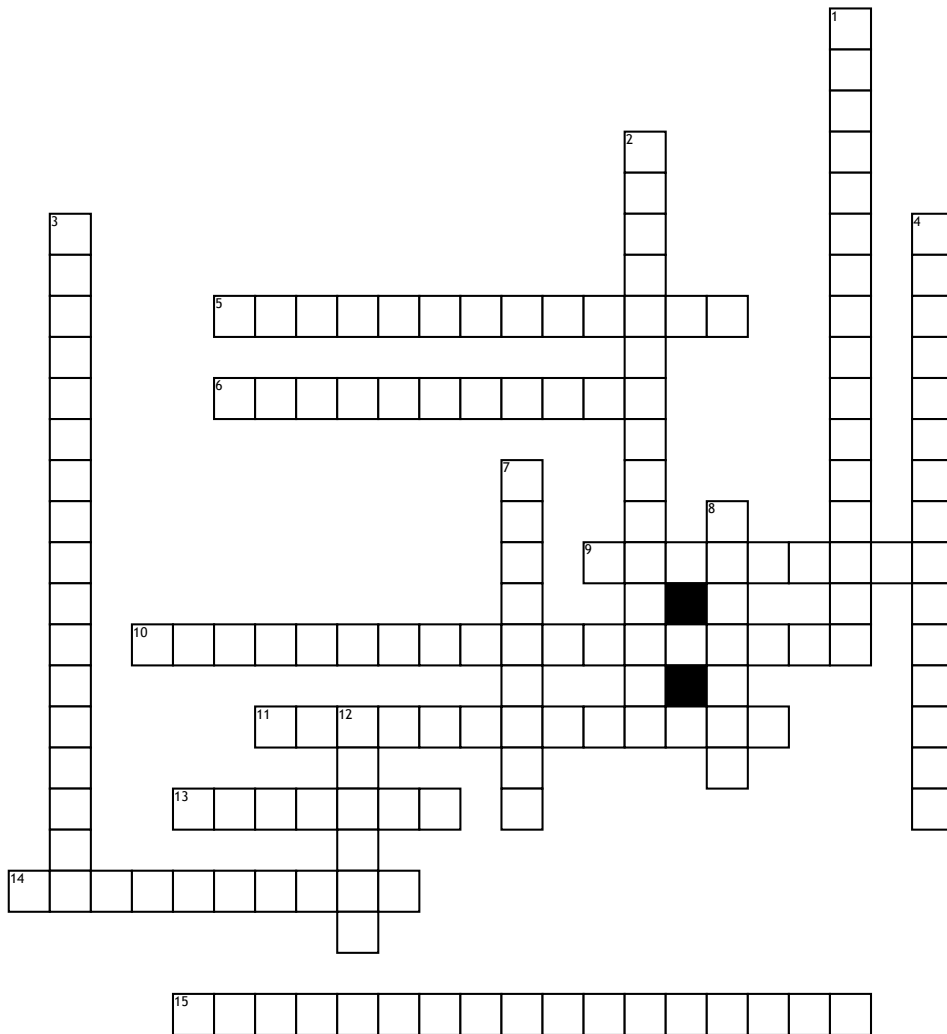


# Crosswords of Anger



## 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 often 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 | Deep Breathing    | Time-out            | Triggering Event |
| Tension            | Abusive Incident  | Physical Aggression | Performance      |
| Visualization      | Secondary Emotion | Anger Warning Signs | Recognize        |
| Negatively         | Diversion         | Slowly              |                  |