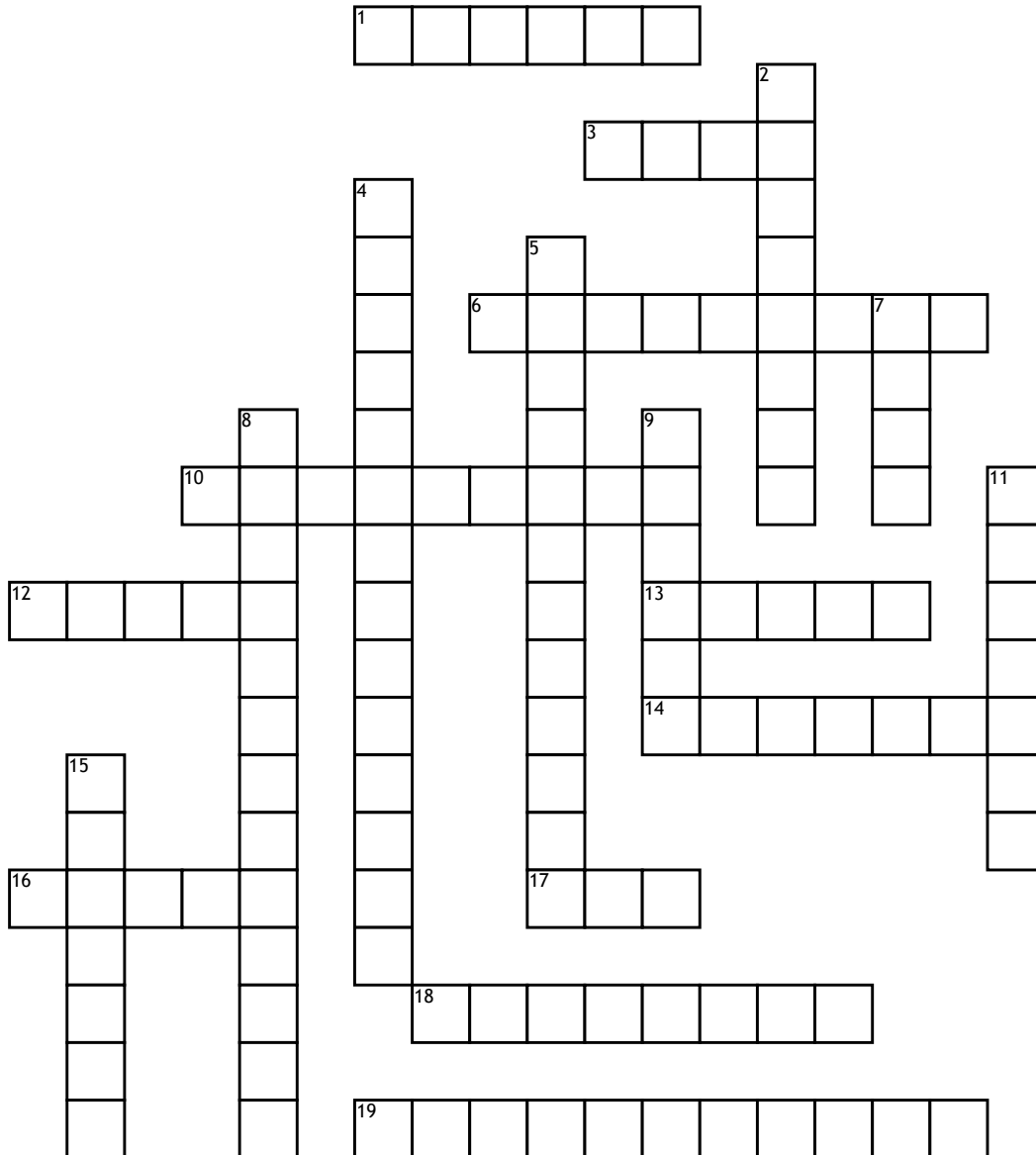


Therapy



Across

1. people we are connected with either from birth or deep friendship
3. emotions that fill our heart
6. a group of people that your reside with or share space with
10. accepting differences; thinking about others
12. something we do when we think about what our future could look like or we may also do this when we sleep?
13. we feel this when we are feeling out of control or avoiding uncomfortable emotions
14. finding value in yourself and others

16. something you earn for being mindful and showing self-regulation

17. a feeling we get when we feel misunderstood, lonely or that we hurt someone else.

18. being able to accept a delay in something without getting angry or upset

19. pausing and thinking about what we do before we do it? Learning to be in the moment and aware.

Down

2. this is what we do when we have started listening and using coping skills

4. containing impulses

5. we use these when we are feeling angry or sad to regulate ourselves.

7. if we are able to speak slowly and without swearing others may do this when we explain something is not going "right" with a situation

8. what you do so others know what you are feeling.

9. when we have done something unkind or against the rules and we have to go back and start over or talk with the persons we hurt.

11. the ability to understand and share the feelings of others

15. people we can share our secrets with, hang out with and look out for us