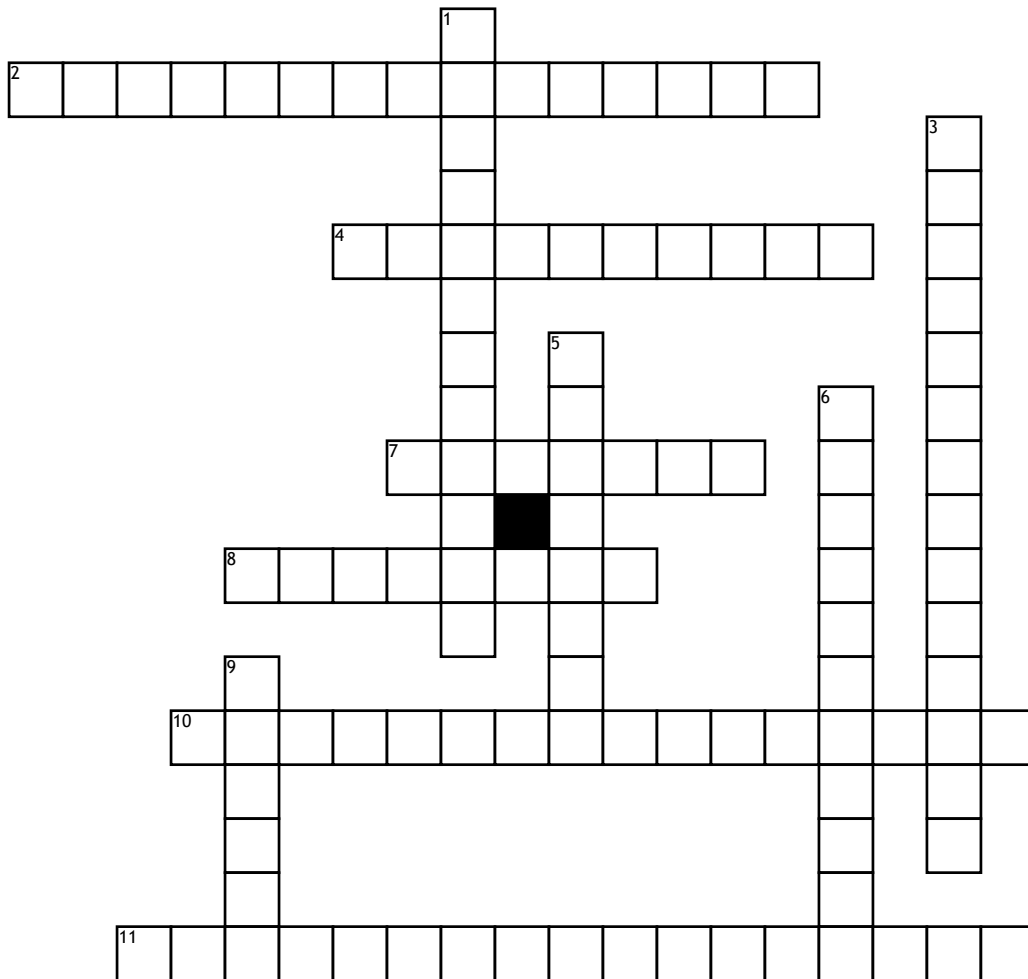


# psychological health



## Across

2. Giving a false, acceptable reason when a real reason is unacceptable  
 4. Satisfaction and confidence in yourself; the valuing of yourself as a person  
 7. A feeling state involving some combination of thoughts, physiological changes, and an outward expression or behavior  
 8. Independence; the sense of being self-directed  
 10. A mental mechanism for coping with conflict or anxiety

## Word Bank

- |              |                   |                    |                 |
|--------------|-------------------|--------------------|-----------------|
| autonomy     | rationalization   | self actualization | identity crisis |
| emotion      | self esteem       | displacement       | denial          |
| self concept | defense mechanism | optimism           |                 |

11. The highest level of growth in Maslow's hierarchy of needs

## Down

1. Shifting your feelings about a person to another person  
 3. Internal confusion about who you are  
 5. The tendency to expect a favorable outcome  
 6. The ideas, feelings, and perceptions a person has about himself or herself, also called self-image.  
 9. Refusing to acknowledge to yourself what you really know to be true