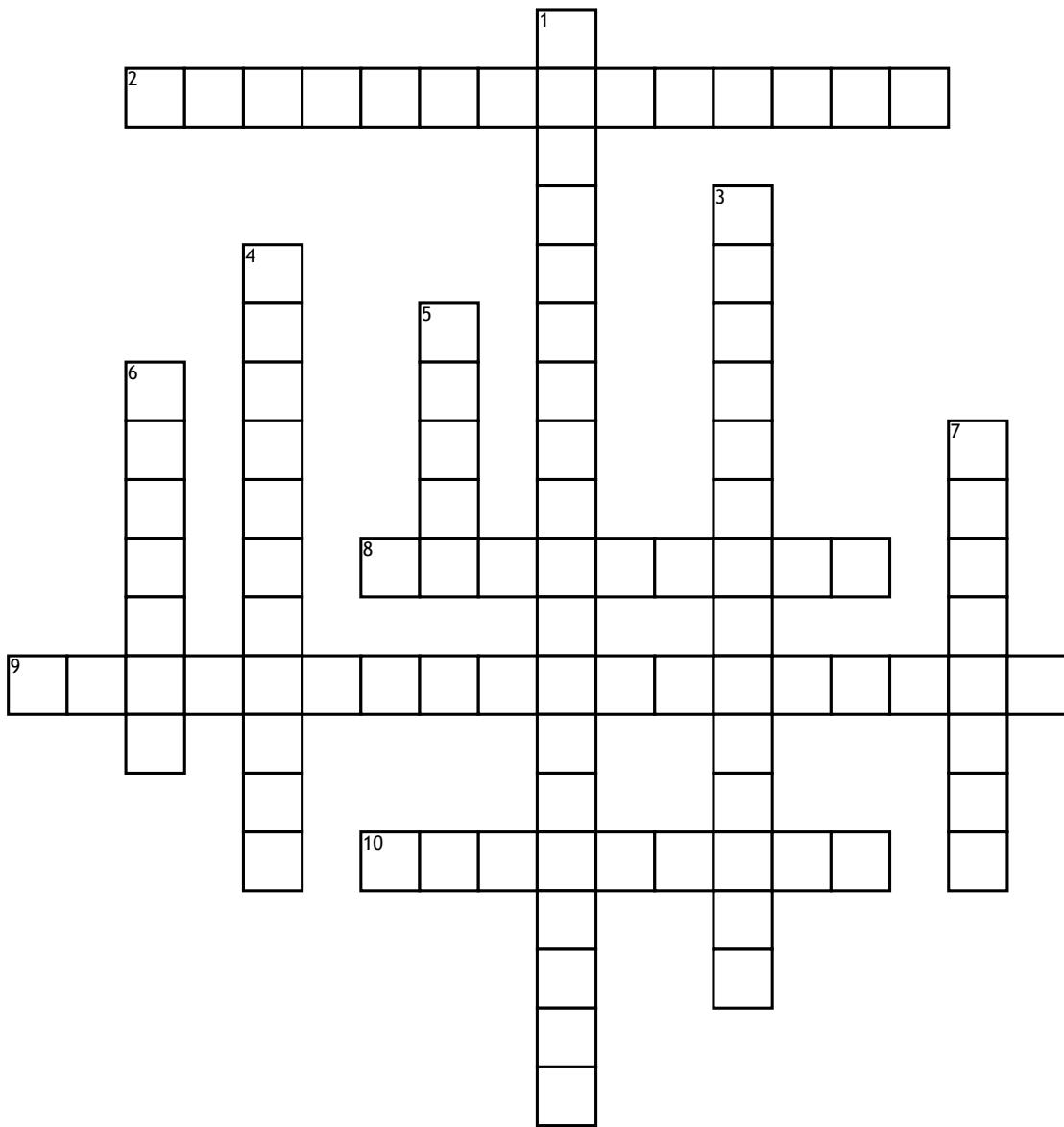


# psychological problems



## Across

- 2. when something doesn't have a positive way of thinking around it
- 8. true to life
- 9. unrealistic way of thinking when stressed
- 10. the attitude of someone who thinks of the worst

## Down

- 1. when you tell yourself that there is no way to get out or do something

- 3. negative way of thinking that doesn't match with reality
- 4. the process which behaviour and actions are explained
- 5. third number
- 6. environmental factors that affect who you are
- 7. to stop something which is tricky