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Anger Management

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| **Across**  **3.** through mistakes people learn how to  **6.** On going anger  **9.** Anger that is closely related to frustration  **12.** ABC's of anger, A is  **15.** Anger directed towards self  **16.** Cleverly hidden anger  **17.** behavior response to anger  **19.** this type of person forces opinions on others  **20.** Assertive people are willing to  **21.** The process of learning how to "calm down" | **Down**  **1.** ABC of anger, C is  **2.** anger that can be explosive and intense  **4.** Positive anger  **5.** a form of resentment or loathing  **7.** usually the body's first response to anger is increased  **8.** Angry people are often the ones who let the \_\_\_\_\_things bother them  **10.** physical response to anger  **11.** Used to monitor anger  **13.** ABC of anger, B is  **14.** Anger directed towards an idividual  **18.** Something that happens and you react to it |