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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 |