Anger, Triggers & Anger Management

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 1V |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 2P |  H |  Y |  S |  I |  C |  A |  L |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  S |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  | 3C |  |  |  |  |  |  |  U |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  O |  |  |  | 4B |  |  |  A |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  | 5E |  M |  O |  T |  I |  O |  N |  A |  L |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  P |  |  |  |  A |  |  |  I |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | 6T |  R |  I |  G |  G |  E |  R |  | 7W |  |  T |  |  |  Z |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  O |  |  R |  |  |  |  |  A |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  | 8I |  M |  M |  B |  O |  L |  I |  Z |  A |  T |  I |  O |  N |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  I |  |  N |  |  |  |  |  I |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  S |  |  G |  | 9A |  |  |  O |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  | 10T |  I |  R |  E |  D |  |  |  S |  |  |  N |  | 11T |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  S |  |  |  |  |  R |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  | 12A |  G |  G |  R |  E |  S |  S |  I |  V |  E |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  R |  |  |  |  |  E |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  T |  |  | 13P |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  | 14B |  E |  H | 15A |  V |  I |  O |  R |  A |  L |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  N |  |  V |  |  |  S |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  | 16H |  U |  N |  G |  E |  R |  |  S |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  O |  |  |  |  |  I |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  | 17C |  |  Y |  |  |  |  |  V |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  | 18L |  O |  N |  E |  L | 19Y |  |  |  E |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  B |  |  D |  |  O |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  R |  |  |  |  G |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  A |  |  |  |  A |  |  |  |  |  |  |  |  |  |  |  |  |

|  |  |
| --- | --- |
| **Across****2.** anger cue dealing with your body**5.** anger cue dealing with your feelings**6.** something that causes a negative emotional response**8.** the response to stress that makes you feel stuck**10.** the T in HALT**12.** anger style where someone hits, screams, yells**14.** anger cue dealing with your actions**16.** the H in HALT**18.** the L in HALT | **Down****1.** the relaxation technique requires you to imagine a scene**3.** agree to disagree in situations**4.** the yoga pose we performed using our abs**7.** most difficult for us to do is admit you are what? **9.** anger style where someone directly talks to the person**11.** this yoga pose required a lot of balance**13.** anger style where someone keeps their feelings inside**15.** the A in HALT**17.** this yoga pose is named after a snake**19.** this relaxation technique requires slow, steady movement and stretching |