Anger, Triggers & Anger Management

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| **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 |