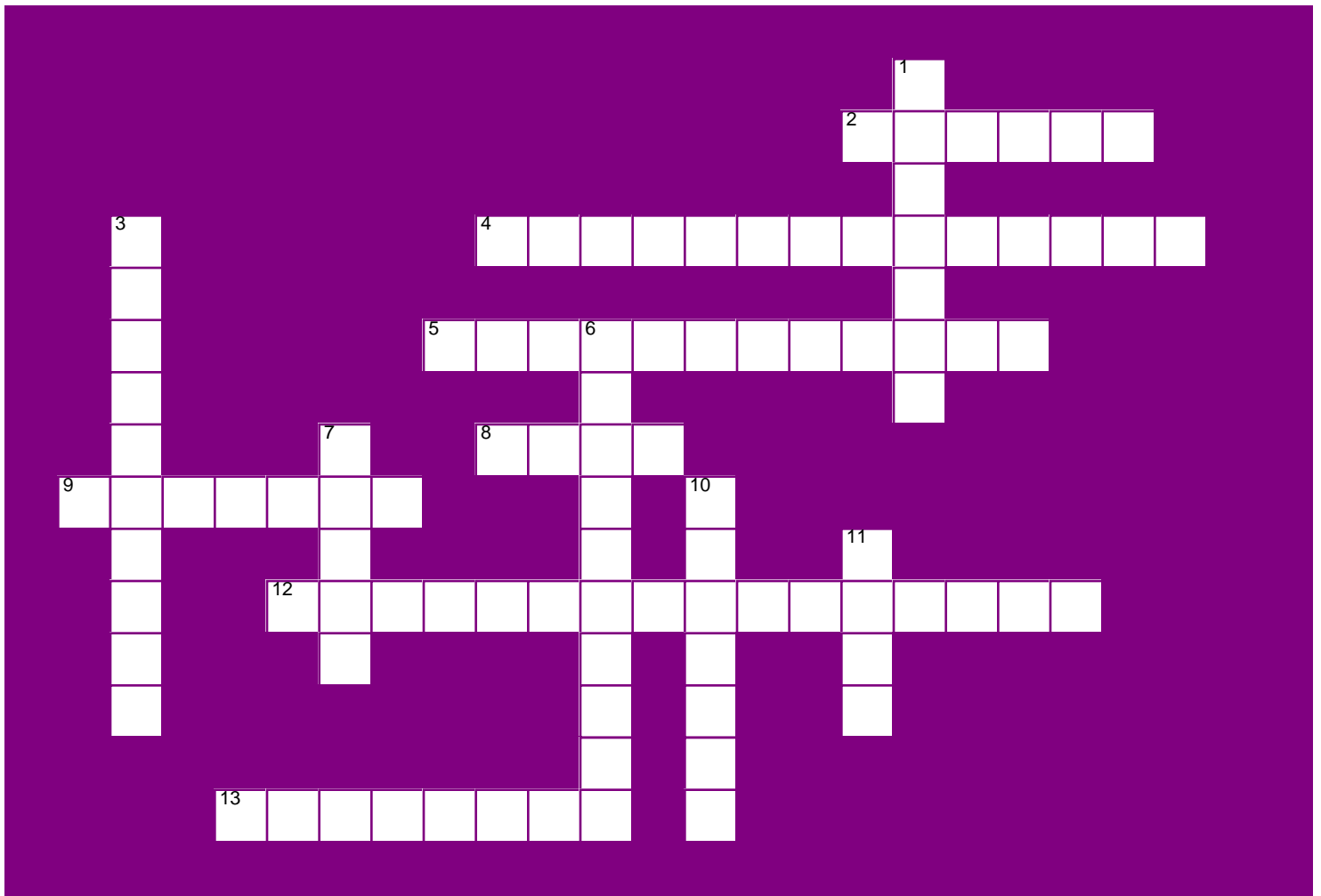


Feelings



Across

2. Name a sign of strength, not weakness, that can be healing for both men and women.
4. Your thoughts, feelings, and actions are your _____.
5. What is it called when you try to make someone else responsible for your bad mood?
8. All feelings, both good and bad, help us learn and _____.
9. Another word for refusing to let yourself express your feelings is _____.
12. Verbal abuse, temper tantrums, and sarcasm are all examples of _____ (2 words).
13. What is it called when you drink or use drugs instead of letting yourself actually feel your feelings?

Down

1. "Being clear" helps you figure out the real _____.
3. One way to express anger constructively is to phrase your thoughts in the form of an _____ (2 words).
6. What is it called when you don't take responsibility for your feelings and instead try to pass them on to someone else?
7. Give an example of a secondary emotion.
10. What is the name of the kind of emotions you experience first?
11. To handle anger constructively, it's strongly recommended that people start by becoming _____.