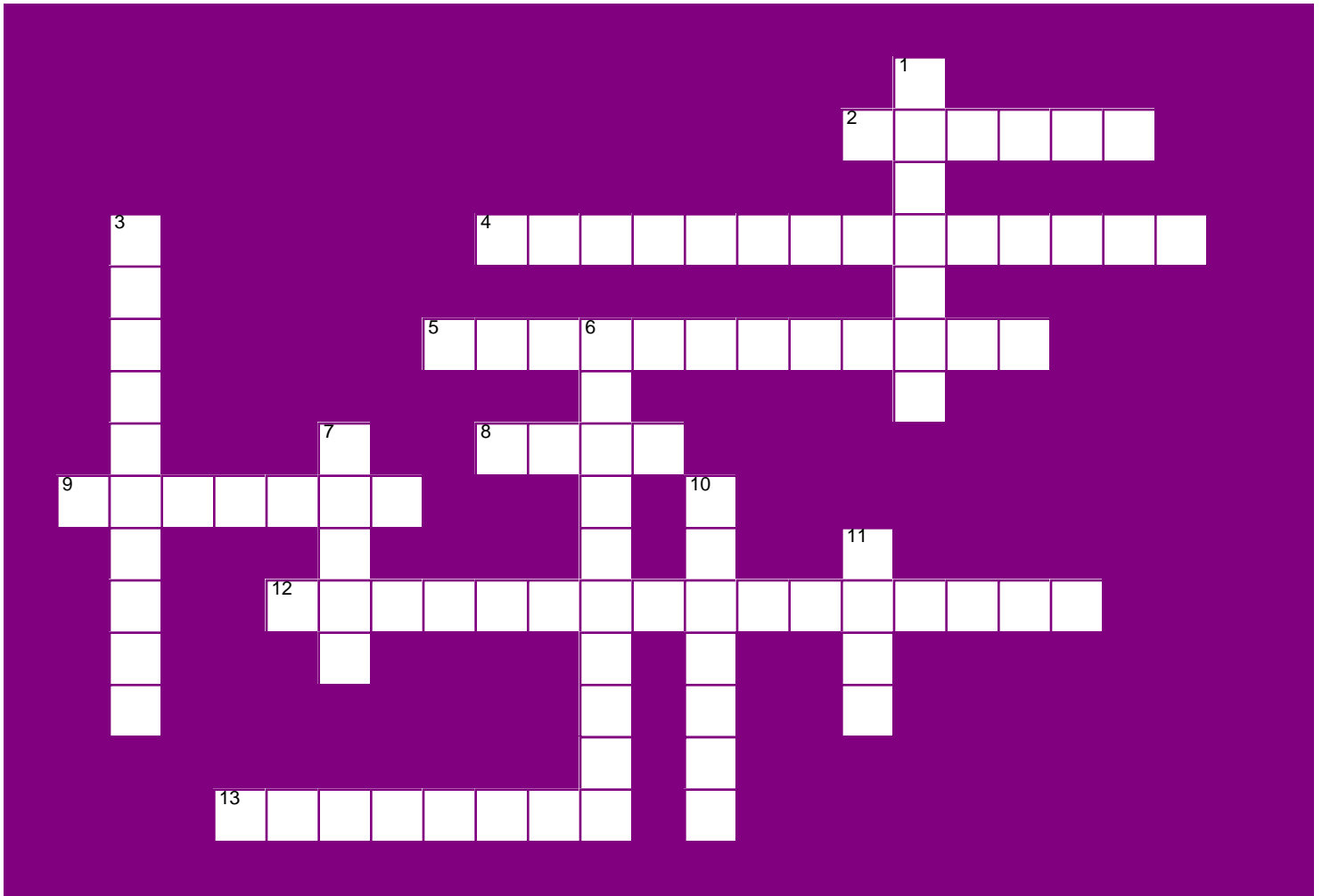


# Feelings



## 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 \_\_\_\_\_.