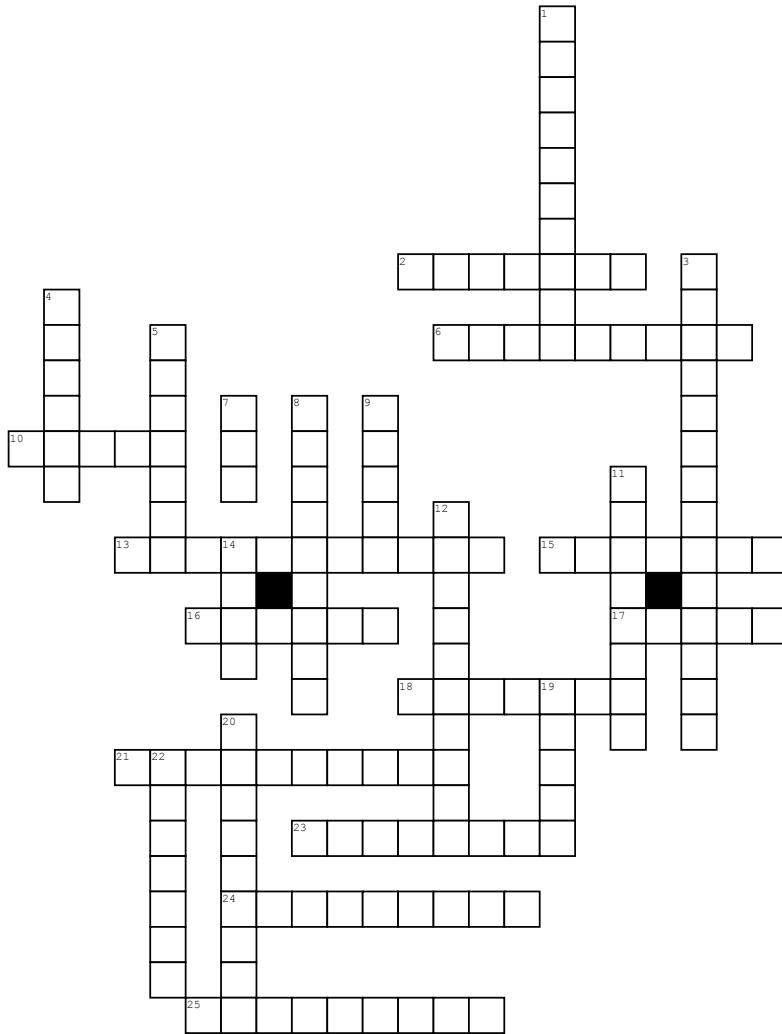


7 health skills



Across

- 2. having a preconceived thought about someone is called
- 6. listen ? to someone who is speaking
- 10. listen for ? when someone is talking
- 13. assertive communication demonstrates ? of others
- 15. ask questions that are
- 16. let the person who is talking ? before you start
- 17. take the time to think before you
- 18. saying no is a (n) ? skill
- 21. re-phrasing what someone says

- 23. if your opinionated on a certain topic and are trying to listen you need to
 - 24. if someone doesn't listen to no keep ? the phrase
 - 25. best way of communication
- Down**
- 1. a person who is a bulldozer is a ? communicator
 - 3. assertive communication increases this
 - 4. you want to receive this kind of information
 - 5. a person who is a pushover is a ? communicator
 - 7. the question you don't want to ask

- 8. stopping and focusing on nothing else
- 9. the acronym for goal setting
- 11. assertive communication helps you communicate
- 12. ask good questions to help your mind
- 14. what's step 4 in the decision making process
- 19. how many steps are in the decision making process
- 20. you should always get help if a situation seems
- 22. what does the A in smart stand for

Word Bank

- | | | | | |
|------------|-----------|-----------------|-----------|------------|
| calm-down | clues | concise | judging | repeating |
| paraphrase | speak | self-confidence | seven | dangerous |
| honestly | SMART | simple | refusal | comprehend |
| omit | assertive | recognition | finish | achieve |
| aggressive | why | passive | attention | carefully |