

Name: _____

ANGER MANAGEMENT

C O P I N G S K I L L S G L L P M K E A J Z N C
F U S R B R U X M A X N P L T B O F B V O G T L
P Z K I E D U R Q S I Q G D T A F Q M D N G A T
A F T E R M A T H T A W A H F T B I P I N T X A
R V X L R P Q W N W D C M X U K Q D K I L V M I
A B I D M K P E D T Q Q R O J C D L Y Q T S E E
E D E O K Y V Q L I H O R A U S U L U M J V E G
R K C H L R E L E A S E D G S S L T R K S I T W
E Q X N A E K R B N G A J Y V U N M S S Z G S G
X H S K I V N Q X N S S L S B M O E C J B C E E
V Y J M Q R I C A S U P P R E S S E D O X H F Y
O X Y P N G E O E P T C O N W H X D M Y U H L F
P D S C P Y D G R W A V O U Z B E F N R J O E E
P M S H I D W R N Z B I J Y S D L A S X J M S E
K S E B Z W I D Z A T D J F I J E A G B V A P L
T A R I L Z S E B A F A O H L K A H M E F F A I
R J T B X D G M L X E J U R A V F T W I H D I N
E N S E A K K U T D A Z H K M J H O V A N U N G
J S S C C H P P J G R E P T N V J Z T N D G U S
N F X U U I G V R A G G R E S S I O N P E R V D
L C D R N B G C R G N I T A O G E P A C S W A J
H E T A O Q N V V I B X B O U N D A R I E S F T
N D M J K V R M N O T H F X I X Q B L O N I P P
E F S U V V I N D I C T I V E N E S S I F B G U

VINDICTIVENESS
SELFESTEEM
AFTERMATH
VIOLENCE
SULKING
STRESS
RUDE

SCAPEGOATING
BOUNDARIES
RELEASED
BULLYING
SARCASM
PAIN

MANIPULATION
SUPPRESSED
FEELINGS
ANGEROUT
BLAMING
HURT

COPINGSKILLS
AGGRESSION
BEHAVIOR
VENTING
ANGERIN
FEAR