

Name: _____

Date: _____

AVOIDING THE BREAKING POINT

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

peace of mind
distressed
powerless
fatigued
unsure

disillusioned
vulnerable
kindness
stressed
tense

embarrassed
gratitude
serenity
hesitant
love

enthusiasm
paralyzed
pathetic
stamina
hope