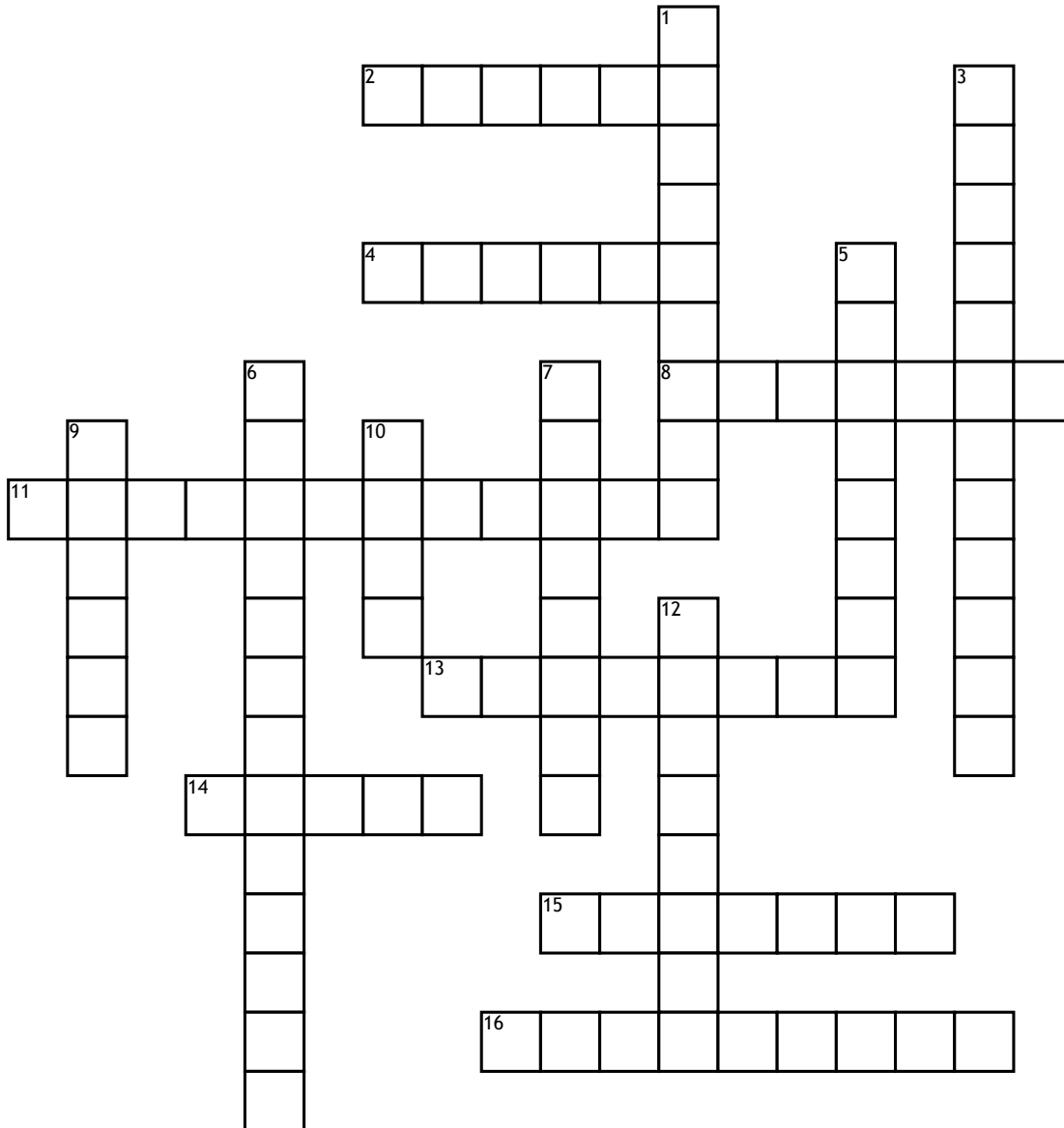


Anger Management



Across

- 2. You can track you anger using a _____ log
- 4. Another anger reducer is _____ thinking
- 8. Anger is an _____
- 11. The ABC's or anger are Antecedent, Behavior and _____?
- 13. For pleasant imagery, remember a _____ place
- 14. A common anger cue is sweaty _____
- 15. An anger causing event _____

- 16. Consequences can be _____ or _____ term

Down

- 1. _____ are self-instructional statements that help increase the likelihood of success in difficult situations.
- 3. _____ - _____ is used when the individual thinks of ways they could have done even better in a situation.
- 5. Consequences can be _____ or external

- 6. One anger reducer is _____
- 7. Counting _____ can reduce anger
- 9. Consequences can be internal, external or _____
- 10. When you get angry you have physical _____
- 12. The only one of the ABC's of anger you control _____