

Name: _____

Date: _____

Anger Management

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

write down feelings

coping skills

communicate

relaxation

assertive

walk away

exercise

time out

ignore

breath

music