

Name: _____

Date: _____

Anger Management Word Search #1

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

cognitive restructuring
behavioral cues
emotional cues
displacement
regression
aggression
timeout

conflict resolution
post explosion
assertiveness
self control
repression
projection
denial

negative thoughts
catastrophizing
physical cues
sublimation
angermeter
explosion
anger

thought stopping
cognitive cues
coping skills
frustration
escalation
triggers