

Name: _____

Date: _____

Anger Management

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

relaxation
identify
skills
Think
Calm

statements
exercise
grudge
help
ask

solutions
timeout
humor
down