

Name: _____

Date: _____

Anger Triggers

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

HEALTHY EMOTIONS

LISTENING SKILLS

PROBLEM SOLVING

HEALTHY ANGER

TRUST OTHERS

COUNT TO TEN

DISRESPECT

SITUATIONS

MEDITATION

RELAXATION

TRIGGERS

RESPECT