

Name: _____

Date: _____

Effective Problem Solver

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

DECISION MAKING
 NINETY SECONDS
 AGGRESSIVE
 IMPULSIVE
 EVALUATE
 DEVELOP
 COUNT
 YAWN

EMOTIONAL BRAIN
 BRAINSTORMING
 DRIVE FAST
 SLOW DOWN
 MEDITATE
 PREDICT
 THINK
 YELL

FIGHT OR FLIGHT
 ALTERNATIVE
 SCREEN OUT
 VISUALIZE
 QUANTITY
 VARIETY
 TRAIN
 ACT

PLANFUL PROBLEM
 BUTTERFLIES
 DEPRESSED
 AMYGDALA
 SIMPLIFY
 DEFINE
 SSTA

STRESS RESPONSE
 EXTERNALIZE
 HEADACHES
 AVOIDANT
 BREATHE
 REWARD
 STOP