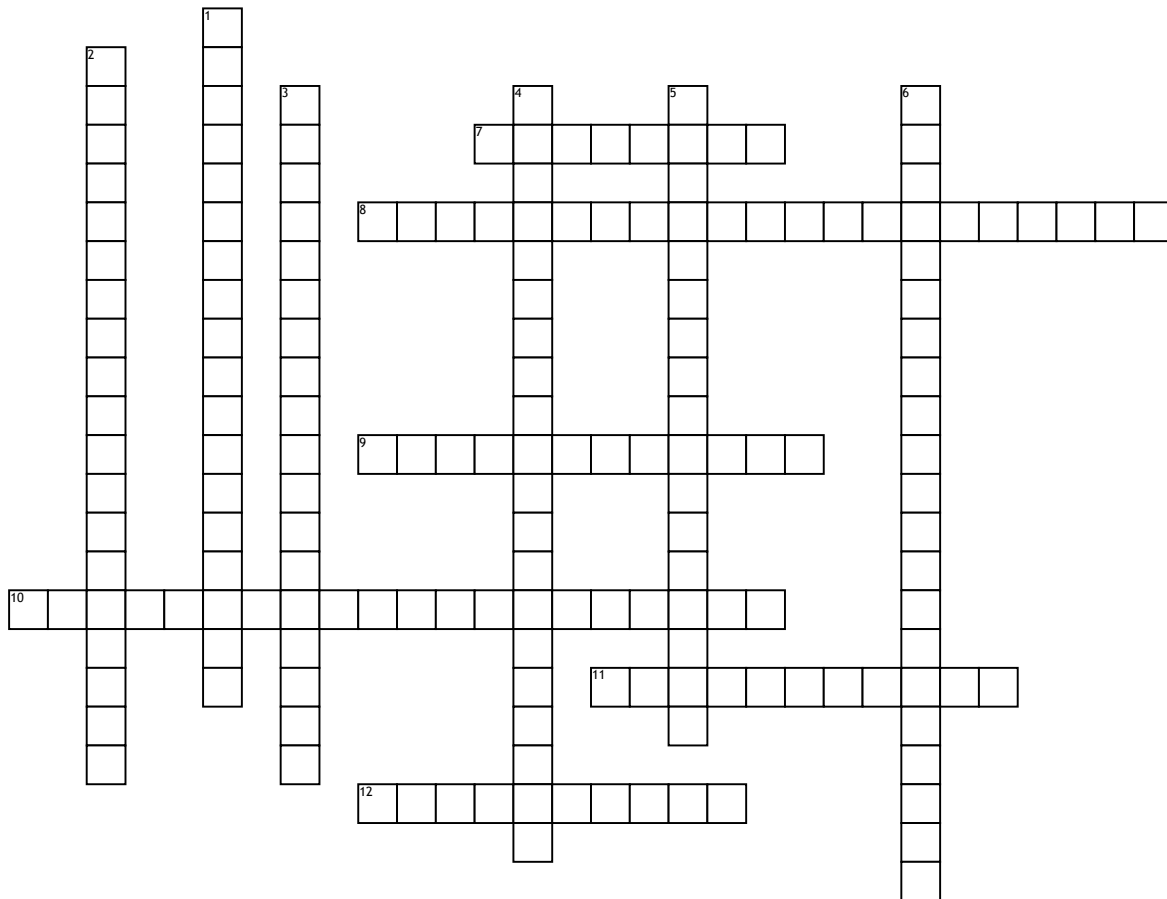


# Emotions: Feeling, Thinking, and Communicating



## Across

7. the act or practice of talking to one self

8. the ability to understand and manage one's own emotions and be sensitive to others' feelings

9. to describe situations in which managing and even suppressing emotions is both appropriate and necessary

10. contribute to effective functioning

11. rethinking the meaning of emotionally charged events in ways that alter their emotional impact

12. dwelling persistently on negative thoughts that, in turn, intensify negative feelings

## Down

1. the process by which emotions are transferred from one person to another

2. people who accept this believe that a worthwhile communicator should be able to handle every situation with complete confidence and skill

3. based on the irrational belief that emotions are caused by others rather than by your own self-talk

4. detract from effective functioning

5. based on the idea that it's not just desirable but vital to get the approval of virtually every person

6. satisfaction in life is determined by forces beyond your control