

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Know yourself from the inside out

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

repressed feelings  
loneliness  
animosity  
triggers  
lovers  
anger

out of control  
bitterness  
unworthy  
friends  
havoc  
life

destruction  
depression  
children  
parents  
chaos  
fog