

Name: _____

Date: _____

Owning Your Feelings

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

THINK POSITIVELY
STAY FOCUSED
JOURNALING
TALKATIVE
EMOTIONAL
FEELINGS
LASTING

BE ENCOURAGED
PROFESSIONAL
SHORT TERM
LONG TERM
TEMPORARY
ADDRESS
ATTEND

COPING SKILLS
IMPROVEMENTS
VOCABULARY
STRENGTHS
WALK AWAY
SUCCEED
ALLOW