

# Relaxation

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

Rationalization  
Imagination  
Identity  
Anxiety  
Panic

Visualization  
Projection  
Emotions  
Unique  
Calm

Constructive  
Depression  
Therapy  
Coping

Personality  
Stressor  
Empathy  
Focus