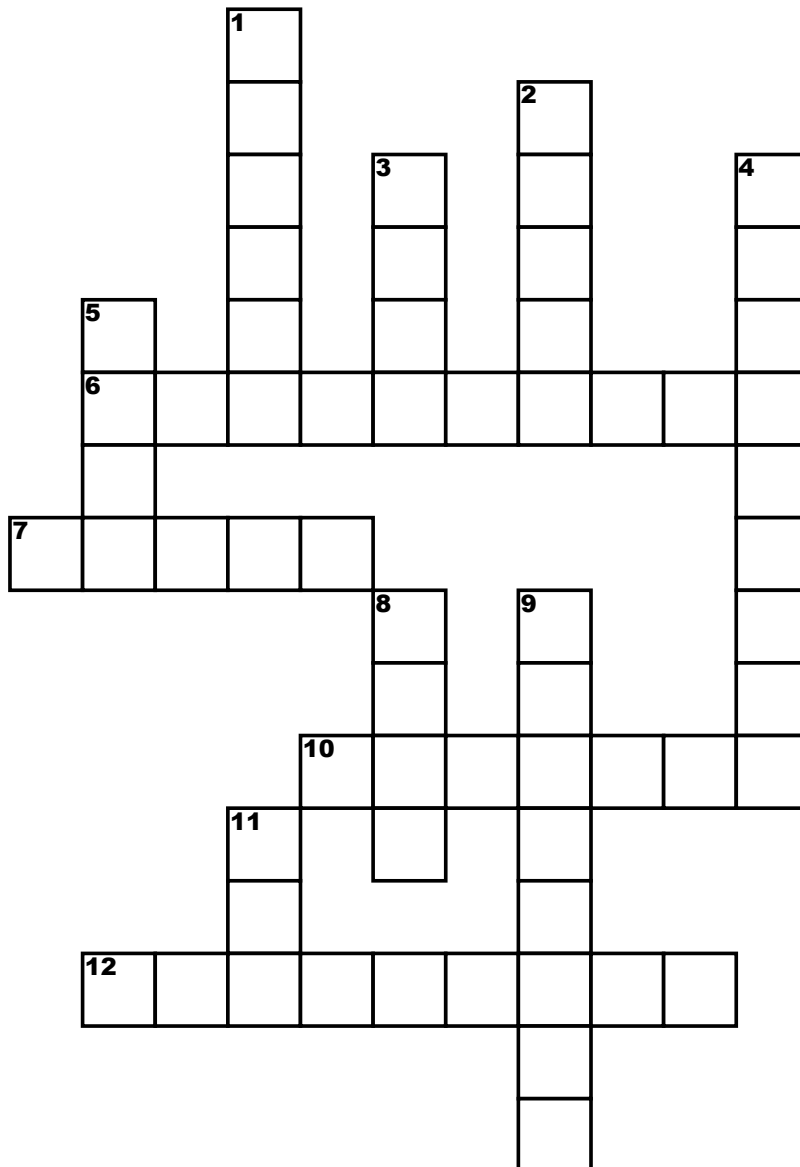


Respect, Assertiveness & Calming Down.



Across

6. When you talk with only your needs or feelings in mind and often in a bossy way or tone you are being _____.

7. Making _____ choices

10. When you let others decide for you and your needs or feelings are not met you are being _____.

12. Belly _____

Down

1. We can all control our _____ emotions

2. Use respectful _____.

3. _____ the person you're talking to.

4. When you're _____, you are communicating your feelings and needs in a confident, yet respectful way or tone.

5. Use a _____, firm voice.

8. Keep your _____ up and shoulders back

9. Use _____ self talk

11. Make _____ contact