

Name: _____

Date: _____

SELF CARE & HEALTHY RELATIONSHIPS

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

ACCOUNTABILITY
SUPPORTING
ISOLATION
EQUALITY
HONESTY
SAFETY
SOCIAL
VALUE
LOVE

CONTROLLING
CONFIDENCE
EMOTIONAL
CREATIVE
COMFORT
LISTEN
MEMORY
FOCUS
CALM

INDEPENDENT
RELAXATION
BEAUTIFUL
SELFCARE
HYGIENE
COERCE
SPEAK
SLEEP
YOU

PROTECTION
MANAGEMENT
AWARENESS
TRUSTING
COURAGE
CLASSY
POWER
MIND
YES

POSSESSIVE
ACCEPTABLE
MINIMIZE
JEALOUS
SEXISM
HUMBLE
ABUSE
DENY
PAN