

Name: _____ Date: _____

Self-Control Techniques

1. YPAL A AEGM _____
2. NOGCPI LKILSS _____
3. ERDA A BOOK _____
4. PKAES TO MESNEOO _____
5. TLAK TO ESONMOE _____
6. KEAT A HROWES _____
7. DEPE TEABRH _____
8. OCNTU 1-10 _____
9. ATEK A PNA _____
10. AEKT A RHOSWE _____
11. DIANRGW _____