

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Self-Management Study Guide

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

Dorothy Thompson  
Relaxation  
Calm Down  
Behavior  
Notebook  
Anxiety  
Smell  
Joy

Vulnerability  
Appearance  
Emotional  
Emotions  
Tension  
Stress  
Taste  
Pen

Disagreement  
Depression  
Pleasant  
DeStress  
Posture  
Thanks  
Touch

Satisfaction  
Journalist  
Internal  
Argument  
Thought  
Pencil  
Sight

Broadcaster  
Happiness  
External  
Physical  
Wake Up  
Event  
Hear