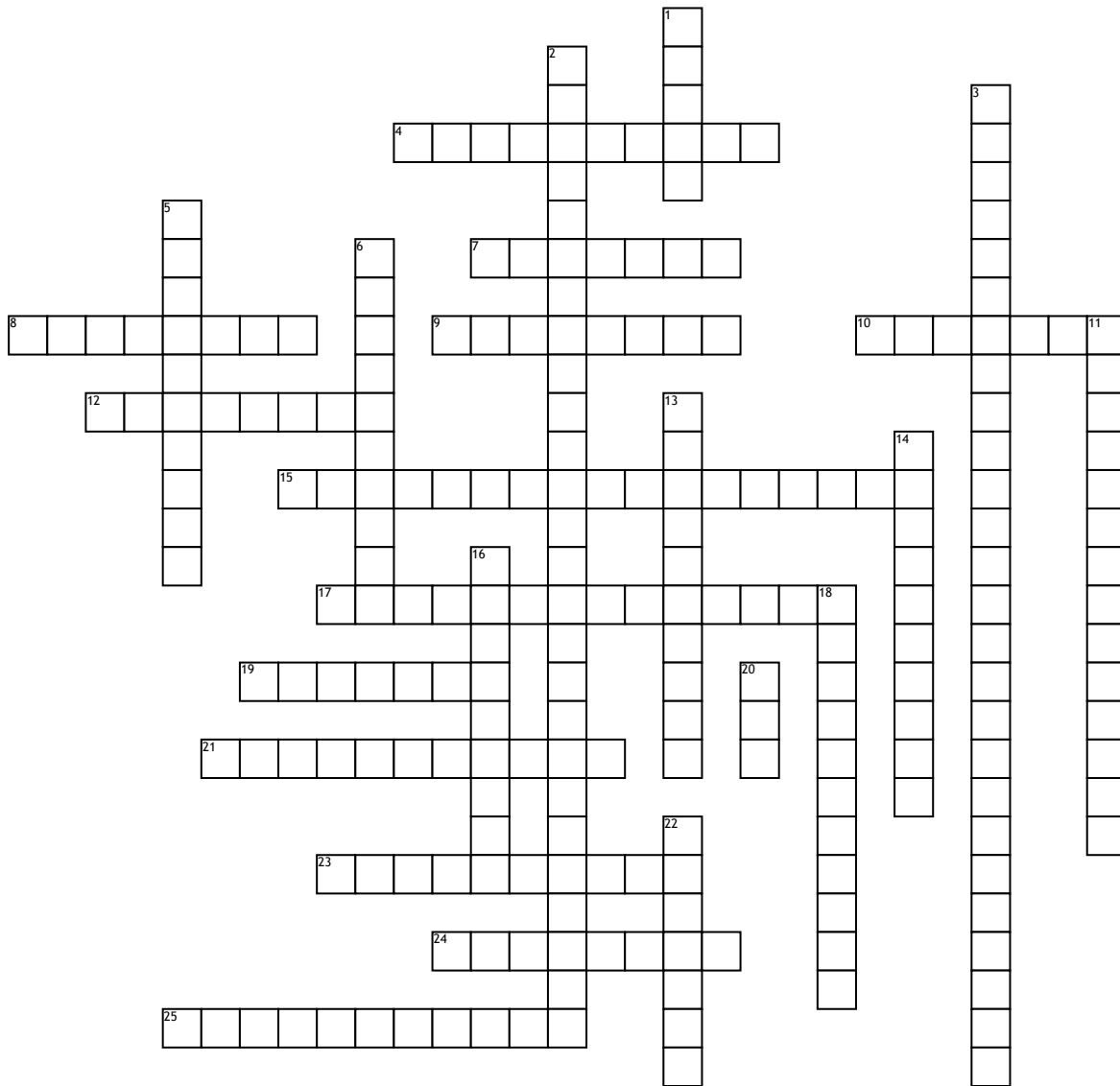


The 7 Health Skills



Across

- 4. When responding to emotions and using assertive communication, what kind of statement should you use?
- 7. Reliable information comes from where?
- 8. Self Management, the ability to demonstrate habits and strategies that have a _____ impact on life.
- 9. What is the major internal influence when you make decisions?
- 10. Who might influence you as you think about getting an item you want? (Peer Group)
- 12. What is step 7 in Decision Making?
- 15. When someone is calm but a bit rude when you ask the something.
- 17. Negotiations 7 steps are very similar to _____.

- 19. When someone gives in even against their better judgement, more likely to give in when you ask them something.
- 21. Collaboration is similar to _____.
- 23. What does the "a" in "SMART" stand for?
- 24. Sources need to be _____.
- 25. A skill that you need to get a job, it also fits with collaboration.

Down

- 1. How many steps are in the decision making process?
- 2. What has 5 elements, such as refusal skills and effective listening?
- 3. The ability to express your needs, ideas, and opinions using verbal and non-verbal strategies.

- 5. Doing something before someone asks you or tells you to shows you have _____.
- 6. When someone is rude or snappy and a bit disrespectful when you ask them something.
- 11. The ability to demonstrate habits and strategies that have a positive impact on life.
- 13. When you advocate for something you need to be _____. (step 5)
- 14. What does "m" in "SMART" mean?
- 16. When someone is calm and respectful when you ask them something.
- 18. What is "Smart" used for?
- 20. When asking effective questions, what type of question do you not ask?
- 22. Advocacy includes taking a clear stand for a _____ choice.