

Understanding our Emotions

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

relationship
emotional
kindness
abuse
fear

aggressive
happiness
passive
anger
joy

boundaries
bullying
sadness
guilt

assertive
conflict
health
shame