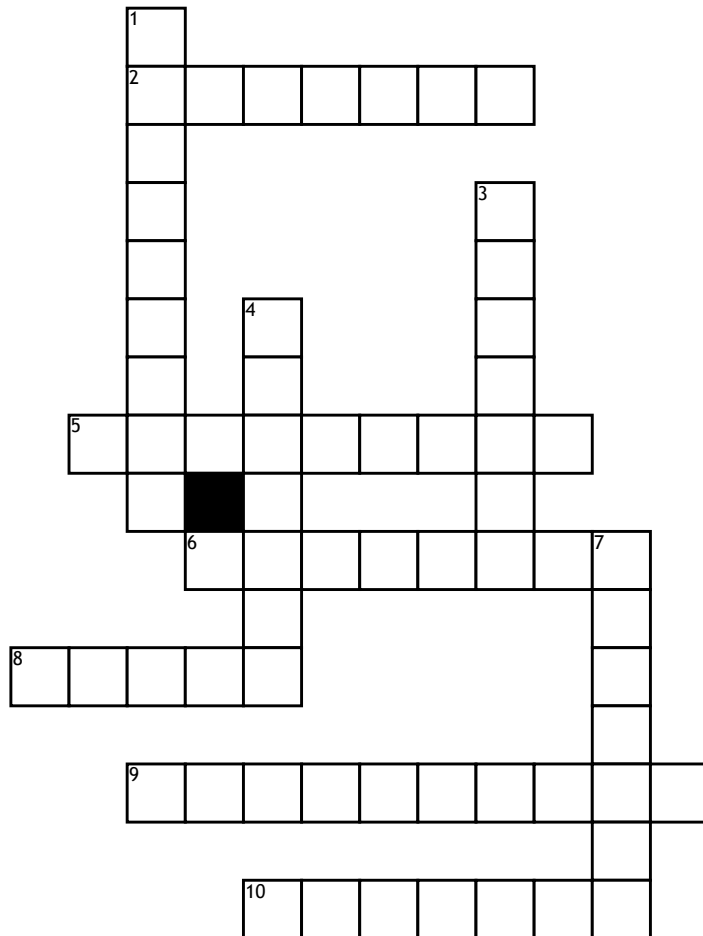


good and bad coping strategies



Across

2. a permanent, irreversible action

5. surrounding yourself with these people will help your mood

6. listening to _____

8. doing something that makes you

9. listening to _____

10. an act that is not cutting but is self harm

Down

1. the act shutting yourself out from anyone and everyone

3. if you're feeling anxious, usually you can play with these

4. expressing you're problems/distress

7. drawing blood