

Across

5. When you make decisions about something, it's good to have as much of this as possible about the situation.

6. In a good plan, this must make sense.

7. When you make conversation with someone, your voice should sound this way.

10. The acronym (a word formed by the first letters of other words) used to help you remember the Problem-Solving Steps.

15. Saying kind words or doing something helpful to show you care about how another person feels.

19. The final Problem-Solving Step is to

pick the best one of these.

20. A way to communicate that is often demanding and not considering of others' perspectives.

21. When you are being assertive, use a _____, firm voice.

22. This type of self-talk can make you feel worse than before.

23. This type of pressure is a problem when others try to get you to do something that is not safe, not respectful, or could cause bad consequences.

25. _____ down

helps you handle put-downs and avoid making conflicts worse.

26. People can each have a different _____ on the same situation.

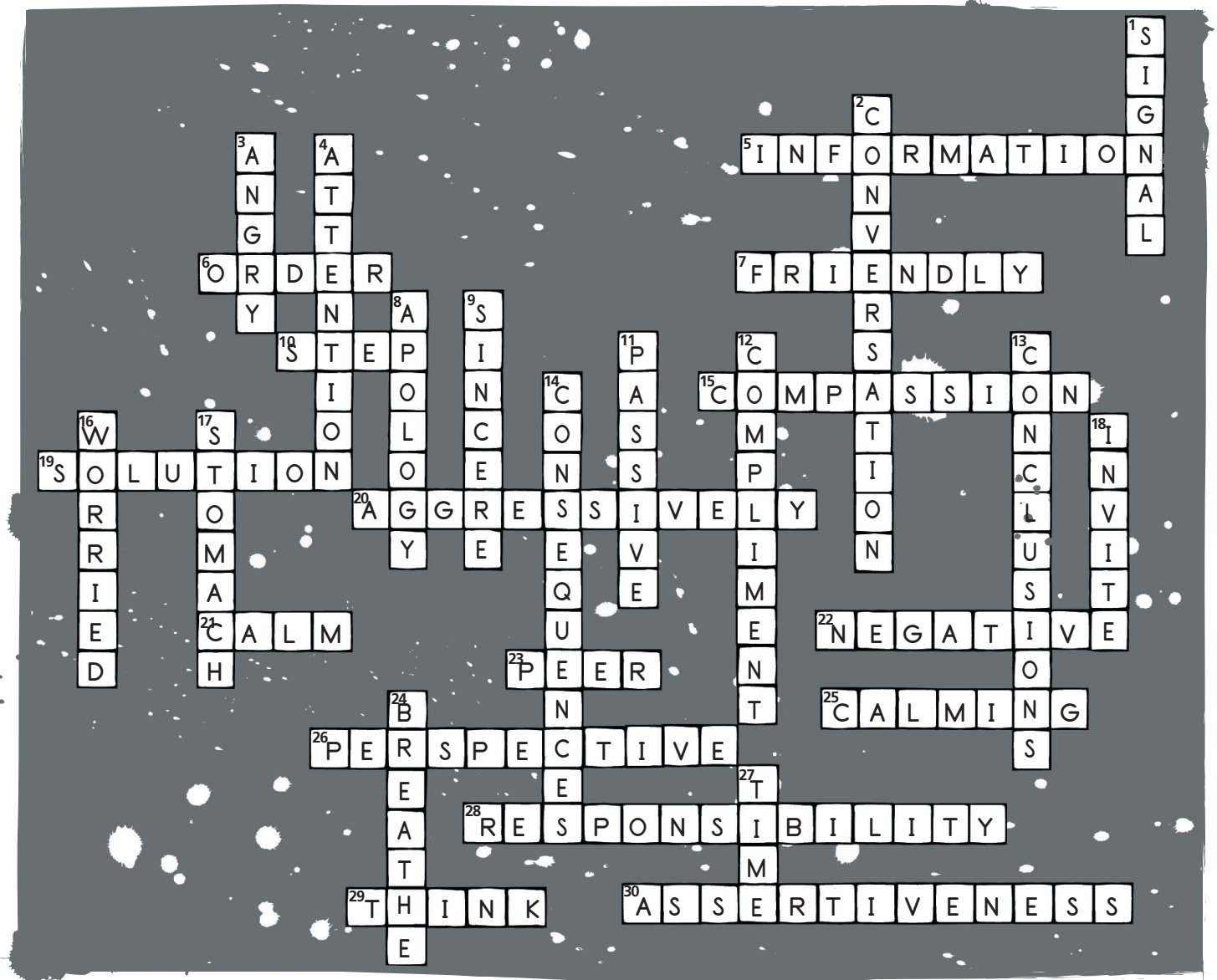
28. When you do something that is wrong, it is important to take _____ for your actions.

29. The second Problem-Solving Step is to _____ of solutions.

30. When you're standing up to peers who are negatively pressuring you, use these skills.

Down

1. The word or words you come up with that you can use to stop yourself from reacting without thinking.
2. When you are talking to someone else, you are having a _____.
3. When you're feeling this way, often your face feels hot, your heart races, and you clench your teeth.
4. One way to be respectful toward others is listening with _____.
8. You make an _____ to say you're sorry about something.
9. You're this way when you really mean it.
11. When you are being this way, you might feel afraid that you don't have the right to say what you want or need.
12. When you give someone one of these, you should really mean it.
13. You "jump" to these when you make assumptions about what is going on.
14. When you explore these, ask yourself, "What would happen if...?"
16. To feel uneasy or concerned about something.
17. When you practice deep breathing, put your hand on this.
18. To ask someone to join in.
24. When you are trying to calm down, do this deeply, slowly, and with control.
27. In a good plan, you make sure that you have enough of this to do it.



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