

Hack 5 - Taming Your Anger

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

Find the following words in the puzzle.

Words are hidden     and .

ACTION

CALM

CALM MIND

CELEBRATE SUCCESS

COLD COALS

CONTROL

DEEP BREATHING

DISTRACTION

EXERCISE

HALTS

LABELS

LION TAMING

OBJECTIVITY

PATIENCE

RELATIONSHIPS

SUCCESS

SWEET TRICK

TERRIBLE SCALE

TIME-OUT

TRIGGERS

SOLUTION

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

Word directions and start points are formatted: (Direction, X, Y)

ACTION (N,4,7)

CALM (S,20,8)

CALM MIND (W,18,2)

CELEBRATE SUCCESS

(W,19,14)

COLD COALS (W,17,1)

CONTROL (E,11,6)

DEEP BREATHING (W,17,11)

DISTRACTION (E,5,10)

EXERCISE (E,5,15)

HALTS (S,22,10)

LABELS (S,23,10)

LION TAMING (S,3,2)

OBJECTIVITY (E,5,16)

PATIENCE (SE,8,1)

RELATIONSHIPS (SE,10,2)

SUCCESS (W,23,3)

SWEET TRICK (W,15,13)

TERRIBLE SCALE (E,4,9)

TIME-OUT (W,19,12)

TRIGGERS (W,13,12)