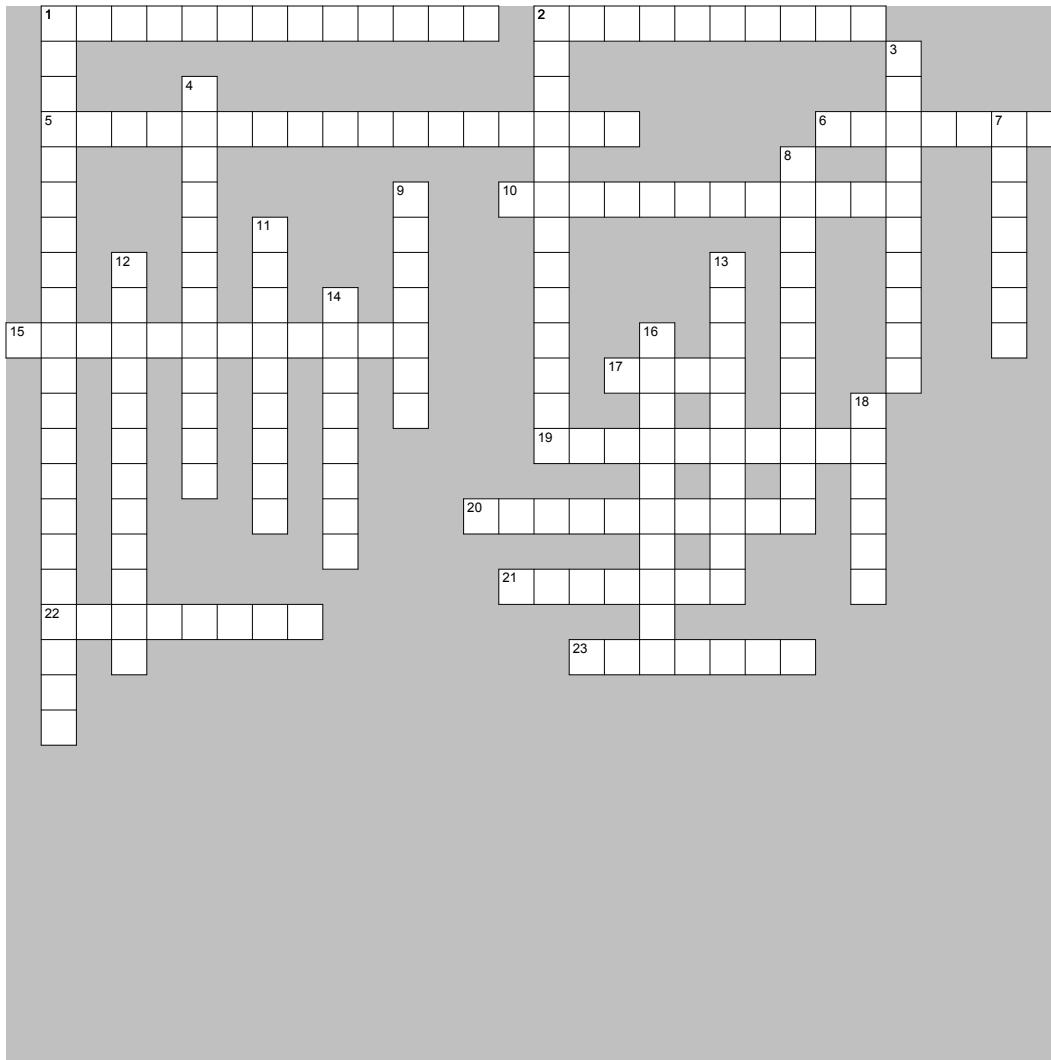


Holt Ch 3 Cross Word Self-Esteem



Across

1. The process through which two or more people exchange information is called ????
2. This is a measure of how much you value and respect yourself
5. This is the achievement of being the best you can be
6. These are excessive or persistent fears of something
10. This is nonverbal communication such as gestures, posture, and facial expression
15. This is shifting feelings for one person or situation to another person or situation
17. This emotion helps to protect us from danger
19. In this communication style one is hostile and unfriendly
20. Reacting to emotions in a childlike or immature fashion
21. This is the feeling that is produced in response to life experiences
22. 20% of this group suffer from a mental, emotional, or behavioral disorder
23. This means being truthful with yourself and others

Down

1. This is good advice on how to improve yourself (pg 52-53)
2. This mental disorder is false perceptions of reality or hallucinations and/or delusions
3. This is seeing your own faults or feelings in someone else
4. This is using your words to restate what someone else said
7. The abuse of drugs or ??? is one of the symptoms of a mental disorder
8. This is redirecting negative impulses into positive behavior
9. This is the ability to understand another person's feelings.
11. This is the characteristic of doing what you know is right
12. This is a belief of illness when none is present
13. This is blocking out painful thoughts or feelings
14. This emotion is the fear that something you own or love will be lost
16. This is a sadness and/or hopelessness that prevents a person from carrying out everyday activities
18. This is refusing to accept reality

What phobia do we get from the Greek General Xenophon?