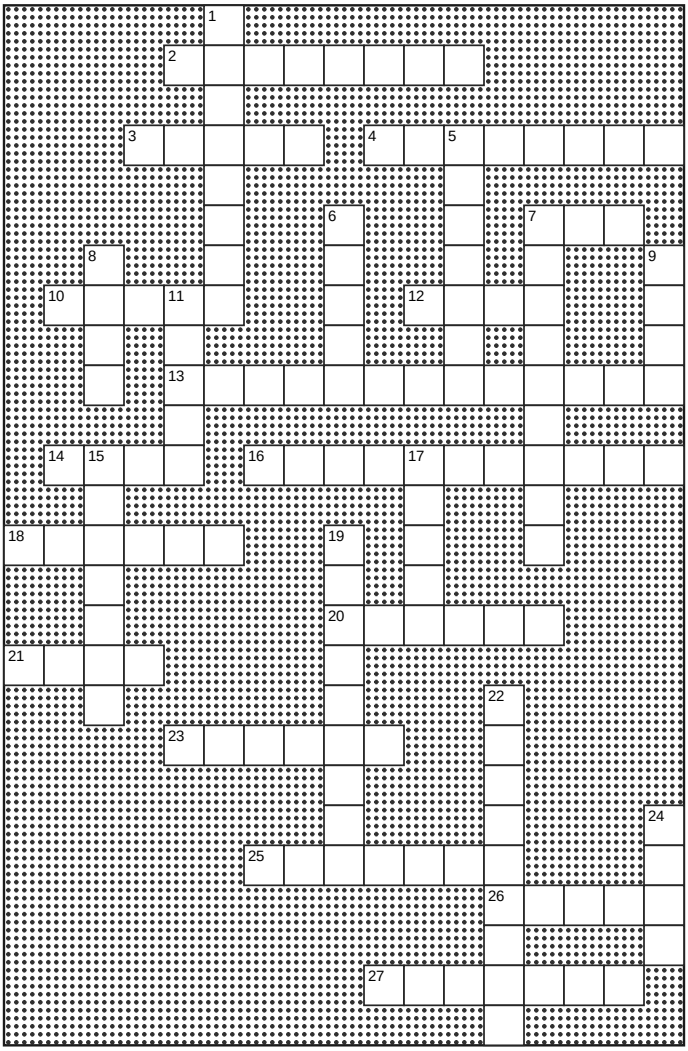
Emotional Regulation and Involuntary Symptoms



Across

2. A
choice about what to do next.

3. A
feeling that you may have done something wrong.

4. What
you do or say after something happens.

7. To request support rather than assume others know what you need.

10. A
brief break during a difficult conversation.

12. Time
away from demands to recover.

13. An awkward, self-conscious feeling after a social mistake.

14. To express thoughts using spoken words.

16. Happening
without deliberate choice.

18. One
of the options available when deciding what to do.

20. To become aware of a change in your feelings.

21. An
emotion linked to perceived danger.

23. Strain you feel when demands seem hard to manage.

25. A feeling of being physically or mentally wound up.

26. To
tell someone what you are experiencing.

27. A
feeling such as anger, sadness or joy.

Down

1. Something
taken for health that can sometimes affect mood.

5. A
feeling of sorrow or unhappiness.

6. A strong feeling when something seems unfair.

7. Happening without step-by-step conscious planning.

8. To
put a word to a feeling.

9. To allow time before responding.

11. To express yourself aloud.

15. How alert the body becomes during an emotional moment.

17. A
point beyond which you need a break.

19. When your feelings don't come with instructions.

22. How strong a feeling is.

24. To experience an emotion or sensation.