

What Emotion Is Causing Your Anger?

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

DISAPPOINTMENT

EMBARRASSMENT

FRUSTRATION

ANXIETY

JEALOUSY

SHAME

WORRY

HURT

SADNESS

GUILT

FEAR