

# Confused Angry Anxious

Yeah, reviewing a books **confused angry anxious** could be credited with your near associates listings. This is just one of the solutions for you to be successful. As understood, capability does not recommend that you have astonishing points.

Comprehending as skillfully as settlement even more than new will have the funds for each success. neighboring to, the notice as skillfully as perception of this confused angry anxious can be taken as without difficulty as picked to act.

*Foster Youth Rights Handbook - California*

2. Admit to yourself that you're feeling angry/anxious (that can help you feel better) 3. Do something physical (walking, running, jumping jacks) 4. Think it through and ask yourself: Is this really important? Will I care about it next week? 5. Listen to music, color, or draw 6. Write it down--it can help you get the thoughts out of your head 7.

Maslow's Hierarchy of Needs - The Women's Center

ANGRY Enraged Furious Incensed Indignant Urate Livid Outraged Resentful AVERSION Animosity Appalled Contempt Disgusted Dislike Hate Horrified Hostile Repulsed CONFUSED Ambivalent Baffled Bewildered Dazed Flummoxed Hesitant Lost Mystified Perplexed Puzzled ... Anxious Cranky Distressed Distraught Edgy Fidgety Frazzled Irritable Jittery Nervous ...

## Feelings Inventory - Nonviolent Communication

ANGRY enraged furious ... AVERSION animosity appalled contempt disgusted dislike hate horrified hostile repulsed CONFUSED ... anxious cranky distressed ...

Office&of&the&Ombuds& [www.bu.edu/ombuds](http://www.bu.edu/ombuds)

! 2! Examplesof)Roadblocksto)Good)Listening) Fixing& Evaluating& Diverting& Interrupting& Ordering! Suggesting! Advising! Diagnosing! Judging! Threatening!

## TONE / MOOD WORD LIST - boone.k12.ky.us

Connotation Tone/Mood word Meaning 67 + / -- / N formal respectful, appropriate behavior 68 + / -- / N forthright direct; honest without hesitation 69 + / -- / N frank direct and unreserved in speech; straightforward; without inhibition 70 + / -- / N fretful worried, annoyed or discontent 71 + / -- / N friendly the way a person treats friends

The Four Basic Styles of Communication - University of ...

use facial expressions that don't match how they feel - i.e., smiling when angry use sarcasm deny there is a problem appear cooperative while purposely doing things to annoy and disrupt use subtle sabotage to get even The impact of a pattern of passive-aggressive communication is that these individuals:

## MENTAL HEALTH FOR EMERGENCY DEPARTMENTS

NSW MINISTRY OF HEALTH 73 Miller Street NORTH SYDNEY NSW 2060 Tel. (02) 9391 9000 Fax. (02) 9391 9101 TTY. (02) 9391 9900 [www.health.nsw.gov.au](http://www.health.nsw.gov.au)

### **Crisis Calls: Intervention on the Line - Crisis Prevention Institute**

an anxious friend, desperate family member, suicidal stranger, or an angry customer. Despite Ma Bell's promise of being able to "reach out and touch someone," crisis line workers are at a definite disadvantage. Without visual contact or close physical proximity, staff are expected to respond, having only the verbal messages coming over

### **Trauma and Relationships - ISTSS**

confused about what is safe, and therefore it may be difficult to trust others, even those whom they trusted in the past. It may feel frightening to get close to people for fear of being hurt in an unsafe world. Or people may feel angry at their helplessness and the loss of control in their lives, and become aggressive or try to control others.

### **The Oxford 3000™ - English for Everyone**

The Oxford 3000™ Oxford American Dictionary 4 certificate n. chain n., v. chair n. chairman, chairwoman n. challenge n., v. chamber n. chance n. change v., n ...

### PARENTING WORKBOOK Building Skill - Juvenile Court ...

Anxious Scared Shocked ... Confused Insecure Uneasy Mixed up Nervous Shy Stressed Unsure Worried Ashamed Blue Guilty Hopeless Miserable Remorseful Depressed Disappointed Sad Discouraged Embarrassed Left out Lonely Sorrowful Unhappy Aggravated Angry Fed up Frustrated Jealous Mad Annoyed Defiant Offended Disapproving Disgusted Furious Impatient ...