

What's your anger style?

Anger comes in three basic styles. We may switch styles depending on who or what is triggering our anger, but most of us lean toward one style or another. Check the boxes that describe your anger style and use the blank lines to add other appropriate descriptions. Lock it up!

Behavior:

- Withdraw emotionally
- Give the "silent treatment"
- Become ill or anxious

Reasons:

- I don't have the right to be angry.
- Anger is inappropriate or childish.
- I may lose control of myself.
- I can't cope with strong feelings.
- People will dislike me if I show anger.
- Turn it loose!

Behavior:

- Blowing up at people
- Getting physical or hurting people
- Threatening, shouting or swearing
- Blaming people
- Breaking things

Reasons:

- I need to assert my power over people.
- I'm afraid of getting close to someone.
- I can't stand to be wrong.
- I don't know how to communicate calmly when angry.
- Manage it!

Behavior:

- Remaining calm
- Focusing on the behavior, not the person
- Using "I" statements: "I feel angry when..."
- Sticking to the subject

Reasons:

- Anger is a normal emotion; it's okay to be angry.
- When I'm angry, I want to solve the problem that's causing my anger.
- I want to be able to express anger appropriately.

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Halloween Puzzle

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

Last week's puzzle solved

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

And the winners are...

Last week *The Rebel Yell* offered prizes to the first five students and staff members to complete the word search:

- Vanessa Schornick
- Dineen Barkhuff
- Derek Belt
- Lee Scroggins
- Frank Barnas



Worried about the MCAT? Test Your Skills! Saturday, Nov 9; 8:30am

APHP will be hosting a 3-hour "Mock MCAT" diagnostic followed by a Kaplan MCAT test strategy session taught by an expert instructor. Participants will receive a computer-analysis* of their test-taking strengths and weaknesses.

A donation of \$3 for APHP members (\$5 non-members) will directly benefit the APHP organization.

Call the APHP office 895-4284 or Kaplan 798-5005 to sign-up.

*Results will be available within the week following the event

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