

## Self-control

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

angry	control
decision	do
happy	skill
speak	stop
think	wait