

Sometimes it's hard to say how you feel. Maybe you can't think of the word to describe what's going on or maybe you just don't feel well enough or in the mood to talk about it. Use this puzzle to help let others know what you are going through, inside and out.



THE MASTOCYTOSIS SOCIETY

Mast Cell Disorders

## Find Your Feelings-Sr Answer Key #2

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

(Over, Down, Direction)

- |                       |                         |                      |                          |
|-----------------------|-------------------------|----------------------|--------------------------|
| ALIVE (25,7,W)        | DISCOURAGED (1,13,SE)   | ITCHY (20,5,NW)      | SCARED (17,18,NE)        |
| ANXIOUS (21,13,W)     | EAGER (16,3,S)          | JOYFUL (14,24,E)     | SENSITIVE (1,9,N)        |
| APPRECIATED (4,5,S)   | EMBARRASSED (14,12,E)   | LONELY (24,3,S)      | SICK (25,20,S)           |
| AWKWARD (7,25,NW)     | EMPOWERED (9,17,E)      | LOVED (22,17,N)      | SILLY (16,20,W)          |
| BOLD (8,15,E)         | ENERGETIC (25,11,S)     | MAD (12,16,W)        | SLUGGISH (20,17,SW)      |
| BORED (17,4,SE)       | ENTHUSIASTIC (14,12,NE) | MOTIVATED (24,11,W)  | SMART (11,21,NW)         |
| BRAVE (10,12,SW)      | EXCITED (2,7,S)         | NERVOUS (9,12,SW)    | SORE (6,8,NE)            |
| CHALLENGED (11,10,NW) | GOOFY (9,14,NE)         | OFFENDED (2,25,NE)   | SPIRITED (13,4,W)        |
| CHERISHED (16,9,NE)   | HAPPY (9,11,SW)         | OPTIMISTIC (20,22,W) | STRONG (8,2,SE)          |
| CONFIDENT (1,17,SE)   | HURT (22,21,SE)         | POSITIVE (12,13,NW)  | TIRED (3,11,E)           |
| CONFUSED (16,14,SE)   | INSECURE (13,19,E)      | PROUD (20,24,N)      | UNCOMFORTABLE (13,13,NW) |
| CREATIVE (7,5,SE)     | INSPIRED (23,20,N)      | RELAXED (15,7,N)     | UNDERSTANDING (14,15,N)  |
| DEPRESSED (17,10,E)   | INTERESTED (21,25,N)    | RESENTFUL (9,23,NW)  | VULNERABLE (2,23,NE)     |
| DETERMINED (17,14,SW) | INTRIGUED (23,1,SW)     | SAD (7,22,SW)        | WELCOMED (24,15,S)       |