

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

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

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|-------------|--------------|------------|------------|---------------|
| ALIVE | DEPRESSED | INSECURE | OPTIMISTIC | SORE |
| ANXIOUS | DETERMINED | INSPIRED | POSITIVE | SPIRITED |
| APPRECIATED | DISCOURAGED | INTERESTED | PROUD | STRONG |
| AWKWARD | EAGER | INTRIGUED | RELAXED | TIRED |
| BOLD | EMBARRASSED | ITCHY | RESENTFUL | UNCOMFORTABLE |
| BORED | EMPOWERED | JOYFUL | SAD | UNDERSTANDING |
| BRAVE | ENERGETIC | LONELY | SCARED | VULNERABLE |
| CHALLENGED | ENTHUSIASTIC | LOVED | SENSITIVE | WELCOME |
| CHERISHED | EXCITED | MAD | SICK | |
| CONFIDENT | GOOFY | MOTIVATED | SILLY | |
| CONFUSED | HAPPY | NERVOUS | SLUGGISH | |
| CREATIVE | HURT | OFFENDED | SMART | |