

## How to Train Your Amygdala: Word Search

Find the words in the list.

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

### Word Bank

**AMYGDALA**

**ALARM**

**FREEZE**

**PROTECT**

**DANGER**

**SENSITIVE**

**RELAX**

**CALM**

# Answer Key

S P  
E R A R  
N F E M D O  
S R L Y A T  
I E A G N E  
T E X L D G C  
I Z A E T  
V E L R  
E C A L M