

How to Train Your Amygdala: Word Search

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

Word Bank

AMYGDALA

ALARM

FREEZE

PROTECT

DANGER

SENSITIVE

RELAX

CALM

