

# Depression and Anger

1. What does HALT stand for?
2. Why do we experience depression?
3. Anger is another side to what?
4. Give a couple examples of where we learned anger and depression?
5. Our anger and depression became ways we handled what?
6. Give an example of how we keep people from getting close to us.
7. Anger is a way of what?
8. Our survival skills that protect us in our past can be what?
9. Our recovery program is a safe place to do what?
10. We are not bad people. We are good people who have what?