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## How to Train Your Amygdala: Word Search

Find the words in the list.

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

### Word Bank

**AMYGDALA**

**ALARM**

**FREEZE**

**PROTECT**

**DANGER**

**SENSITIVE**

**RELAX**

**CALM**

## Answer Key

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