

Therapeutic Word Search

Words are more than letters – they hold meaning, feeling, and intention. As you find each word in the puzzle, it's as if you're uncovering it within yourself. Take your time. Do it slowly, in silence – or with a favorite song playing in the background.

How to use it:

- The grid hides words that inspire and comfort.
- Look for them horizontally and vertically.
- When you find a word – pause. Read it. Feel it. Then continue.

love [ahavá]	אהבה	resilience [khósen]	חוסן
security/confidence [bitakhón]	ביטחון	courage [ómetz]	אומץ
silence/quiet [shéket]	שקט	strength [otzmá]	עוצמה
calm/tranquility [róga]	רוגע	protection [haganá]	הגנה
rest/relaxation [menukhá]	מנוחה	joy [simkhá]	שמחה

ה	ע	ן	ד	ע	ג	ו	ר	מ	מ
ג	ם	ם	מ	פ	ע	ה	ל	ן	ת
ן	ה	צ	ט	ב	ך	א	ץ	ח	ב
ף	ח	ט	י	ן	כ	ט	מ	י	ת
ה	ו	ן	ס	ו	ח	ק	ו	ן	ק
נ	נ	ז	ה	ח	מ	ש	א	ף	פ
ג	מ	ח	ל	ט	ה	ל	ף	ך	ז
ה	ר	ג	פ	י	ב	י	צ	ג	ה
ץ	ע	ז	א	ב	ה	מ	צ	ו	ע
פ	פ	ן	ך	ט	א	א	ט	ק	ך