

Confusion

Confusion feels like walking in a maze of trees.



Confusion is an uncomfortable feeling. When we feel confused, it often means we need MORE of something . . . more time to think, more information or more space . . . and we can learn to say “Hang on a minute, I’m confused! I need _____”

The more we do this, the easier it becomes.

There’s no shame in asking for help AND it’s ok to say . . .

“I don’t understand” or “I’m not really sure about that” or “I don’t know”.

Sometimes life is a real puzzle. How many synonyms for confusion can you find?

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

Bewildered, baffled, befuddled, perplexed, muddled, mystified.