

My New Coping Skills

Name: _____ Date: _____

Instructions: Fill out the following statements with 1) the things that make you stressed, upset/mad, and sad, 2) your usual way of reacting, and 3) your new way of coping with the situation.

When _____ stresses me out,

instead of _____,

I'll _____.

When _____ makes me mad,

instead of _____,

I'll _____.

When _____ makes me sad,

instead of _____,

I'll _____.