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 ___________________________________________________________________.
