

COPING WITH FEELINGS

Use this worksheet to come up with coping skills for the different feelings below!

When I'm feeling



I can _____.

Something that makes me feel angry is _____.

When I'm feeling



I can _____.

Something that makes me feel sad is _____.

When I'm feeling



I can _____.

Something that makes me feel scared is _____.

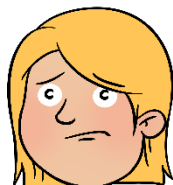
When I'm feeling



I can _____.

Something that makes me feel hurt is _____.

When I'm feeling



I can _____.

Something that makes me feel worried is _____.



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When I Feel Sad



I THINK...

(What are some thoughts that go through your head whenever you feel sad?)

I SAY...

(What are some things you say to others whenever you feel sad?)

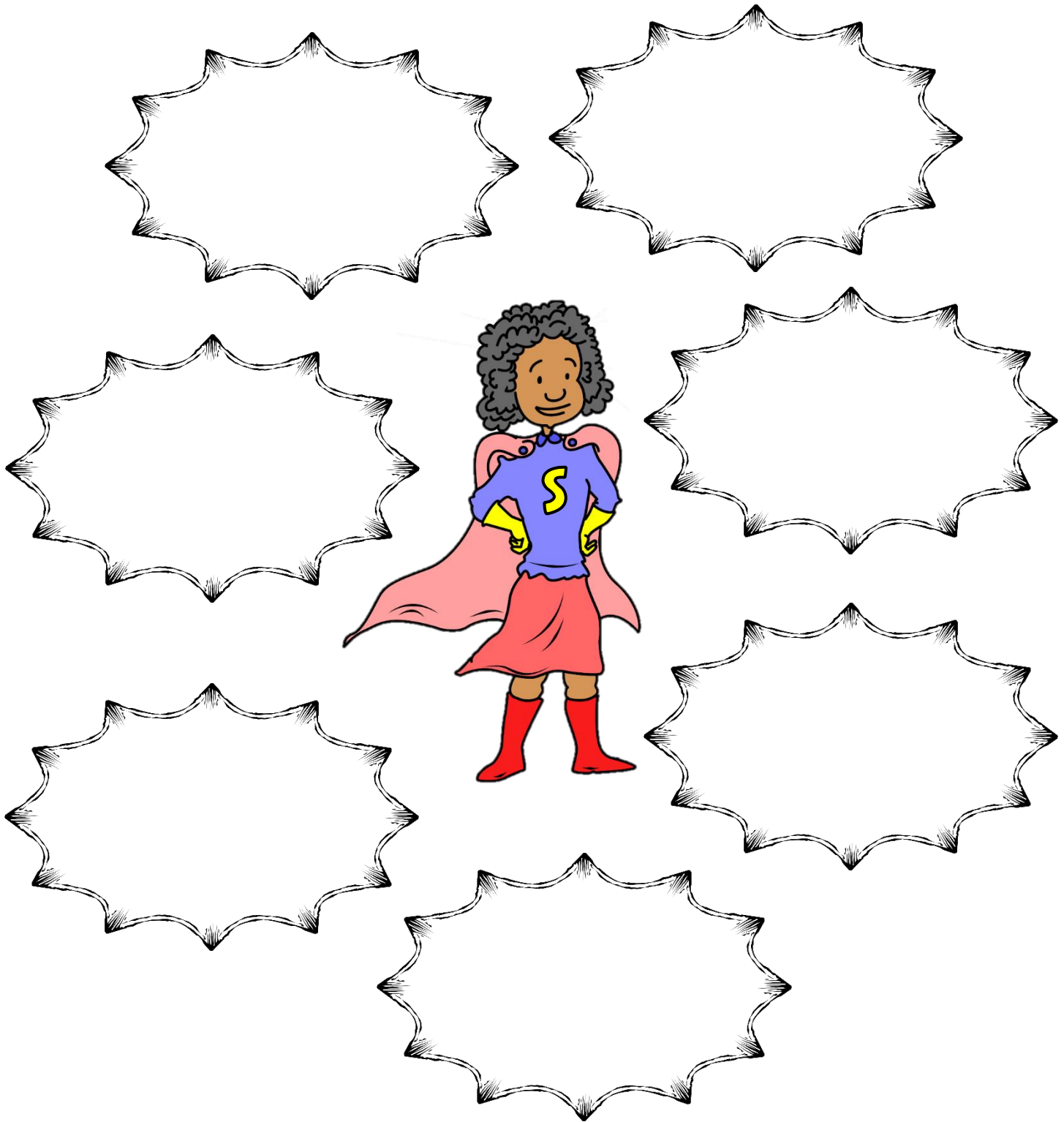
I DO...

(What behaviors do you display whenever you feel sad?)



The Sadness Respond-er!

If there was a person who could respond perfectly whenever you're feeling sad, what would they say or do to help you calm down?



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