

# Coping with Difficult Emotions

My Name is: \_\_\_\_\_

Today is: \_\_\_\_\_

Everyone experiences difficult emotions from time to time, but as we grow we learn different ways to respond and cope with our emotions in healthier ways.

From the list below CIRCLE to tell us what coping methods you think are POSITIVE ways to respond to difficult emotions and UNDERLINE the NEGATIVE ways of dealing with difficult emotions.

**TIP: A positive coping skill is one that helps you feel better without hurting others, a negative coping skill either hurts you and/or others.**

Writing down your feelings (diary/journal)

Insulting others

Counting to 10

Taking a break

Deep breathing

Harming yourself

Crying

Talking to family or friends

Voicing your feelings

Shouting and screaming

Harming others

Going for a walk

Shutting down from everyone

Blaming others

Putting yourself or others down

Role play games

**Tell us about a time you've felt the below emotions and how you coped.**

**You may use the coping methods above or others .**

A time you felt ANGRY?

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How did you cope with this feeling?

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Circle whether you felt this was a positive or negative way of coping with this emotion.

POSITIVE

NEGATIVE

NOT SURE



A time you felt EMBARRASSED?

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How did you cope with this feeling?

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Circle whether you felt this was a positive or negative way of coping with this emotion.

POSITIVE

NEGATIVE

NOT SURE

A time you felt NERVOUS

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How did you cope with this feeling?

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Circle whether you felt this was a positive or negative way of coping with this emotion.

POSITIVE

NEGATIVE

NOT SURE

A time you felt STRESSED or ANXIOUS?

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How did you cope with this feeling?

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Circle whether you felt this was a positive or negative way of coping with this emotion.

POSITIVE

NEGATIVE

NOT SURE

