

# COPING WITH MY EMOTIONS

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

1. When I am feeling  angry I can \_\_\_\_\_

pick a fight with someone.

exercise or take deep breaths to calm down.

yell and cause an argument with someone.

2. When I am feeling  sad I can \_\_\_\_\_

talk to someone and express my feelings.

stay by myself and cry every day.

run away from home and never come back.

3. When I am feeling  scared I can \_\_\_\_\_

hide under the covers.

learn how to change my mood.  
e.g. Watch a funny movie or go for a walk.

make others feel scared too.

4. When I am feeling  hurt I can \_\_\_\_\_

hurt someone else's feelings too.

Talk over what you're feeling with someone.

scream at someone and hit them.

5. When I am feeling  worried I can \_\_\_\_\_

smile and hide my feelings.

go to sleep and dream about it.

Be positive and focus on what's good in your life.