

# MY CALMING PEOPLE

*PERSON 1*

*PERSON 2*

*PERSON 3*

# MY CALMING BEHAVIORS

*BEHAVIOR 1*

*BEHAVIOR 2*

*BEHAVIOR 3*

# MY CALMING THOUGHTS

*THOUGHT 1*

*THOUGHT 2*

*THOUGHT 3*

# COPING SKILLS

Circle each POSITIVE way of coping - and cross out each negative way.

USE SELF-TALK

TAKE IT OUT ON THE FAMILY PET

POUT

LASH OUT

MEDITATE

DO SOMETHING CREATIVE

READ A BOOK

ASK FOR HELP

BREAK SOMETHING

GO FOR A WALK

TAKE DEEP BREATHS

JOURNAL

RUN AWAY

USE SUBSTANCES

TALK TO A FRIEND

LISTEN TO MUSIC

SLAM THE DOOR

PUNCH THE WALL

THREATEN SOMEONE

throw a fit

CRY

DO SOMETHING ACTIVE

THROW SOMETHING

WRAP IN A BLANKET

# A GOOD TIME TO USE MY COPING SKILLS WOULD BE...

Put an "X" next to all answers that you think apply...then answer the questions below.

- WHEN I AM ANGRY
- WHEN I AM GIVEN A CONSEQUENCE
- WHEN I AM SLEEPY
- WHEN I FEEL LIKE DOING SOMETHING HURTFUL
- WHEN I FEEL MYSELF GETTING ANGRY
- WHEN I AM BEING TEASED OR PROVOKED
- WHEN I AM NERVOUS OR AFRAID
- WHEN I AM GIVEN AN UNPLEASANT LIMIT
- WHEN I AM WATCHING TV
- WHEN I AM ABOUT TO GO HAVE FUN
- WHEN I AM RELAXING
- WHEN I AM GIVEN TWO CHOICES THAT I DON'T LIKE
- WHEN I GET FRUSTRATED
- WHEN I LOSE A GAME
- WHEN MY FEELINGS ARE HURT
- WHEN SOMEONE IS IN MY PERSONAL SPACE
- WHEN I HAVE A DIFFICULT PROBLEM TO SOLVE
- WHEN SOMEONE ASKS ME TO DO SOMETHING THAT I KNOW IS WRONG
- WHEN I AM HAVING A BAD DAY
- WHEN A CLASSMATE COMPLIMENTS ME ON MY NEW SHIRT
- WHEN I AM EATING MY FAVORITE MEAL



1. When was the last time that you *should* have used coping skills?

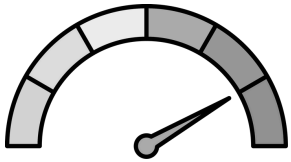
2. How might things have been better if you had used coping-skills?

# STRESS-O-METER

Place an "x" on each continuum to show the level of stress that each description causes you.

No Stress

High Stress



- Being ignored or dismissed .....>
- Parental control or strict rules .....>
- Being bullied or teased .....>
- Unfair treatment .....>
- Social media drama .....>
- Relationship issues .....>
- Being judged based on appearance .....>
- Low grades or academic pressure .....>
- Lack of privacy .....>
- Not being trusted .....>
- Not being able to participate in activities .....>
- Feeling misunderstood .....>
- Peer pressure .....>
- Disrespect .....>
- Overloaded schedule .....>
- Parents fighting or family problems .....>
- Feeling controlled by others .....>
- Feeling like my voice doesn't matter .....>
- Romantic rejection .....>
- Feeling like I have no freedom .....>
- Injustice or unfair situations .....>
- Being compared to others .....>
- Life changes or transitions .....>
- Not having my emotions taken seriously .....>

# My Anger

MY ACTIONS WHEN I'M ANGRY...

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MY BODY DOES THIS WHEN I'M ANGRY...

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MY THOUGHTS WHEN I'M ANGRY...

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# My Peace

THOUGHTS THAT BRING ME PEACE...

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ACTIONS THAT CALM ME DOWN...

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MY HAPPY MEMORIES.....

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