Feelings Match Up

Instructions: Print off the 99 coping skills list. Match a coping skill from the list to the feeling where you think it will be the most helpful to you. Keep in mind, there are no wrong answers. You may use a coping skill more than once. You may make up your own coping skills if you think of something that would be helpful. This is your list, you are customizing it just for you. When you have your list complete, put it somewhere special and pull it out whenever you need it.

99 Coping Skills: http://www.yourlifeyourvoice.org/Pages/tip-99-coping-skills.aspx