

# I.D. YOUR Feelings



Today I feel:

What Is Causing Me To Feel This Way?

{ Ways I Can Cope With This Feeling }

Need ideas for coping skills? <http://www.yourlifeyourvoice.org/Pages/tip-99-coping-skills.aspx>

If this feeling gets too intense I will talk to: \_\_\_\_\_

If you do not know who to talk to, you can always call us 😊  
1-800-448-3000