



# 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 don't know who to talk to, you can always call us. 1-800-448-3000

YOUR Life YOUR Voice  
[www.yourlifeyourvoice.org](http://www.yourlifeyourvoice.org)