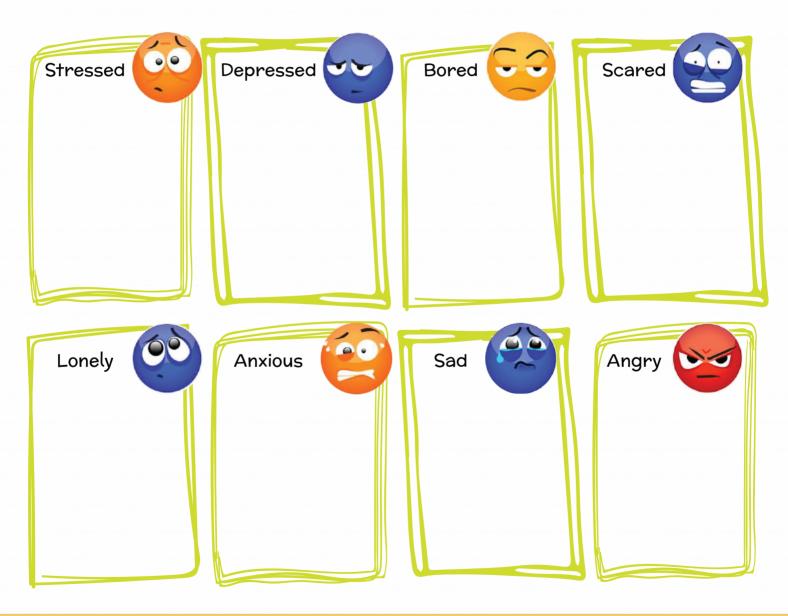


INSTRUCTIONS Print off the 99 coping skills list.

Find coping skills from the list that could help when you experience each of the feelings listed below. You might use a coping skill more than once, or add some that aren't on the list. Once you're done, keep the list in a safe place so you can refer to it when you need help dealing with your feelings.



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