

Youth Name: _____

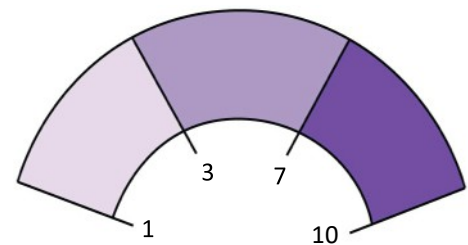
Caregiver Signature: _____

Home Activity C: Using My Coping Skills

We can lighten heavy thoughts and feelings by using our coping skills. For this week, try out your new skills when you start having heavy thoughts and feelings. Your caregiver can help you think of a skill to use and do the skill with you if you'd like help.

Describe a time when you had a heavy thought and feeling this week and what they were.

Mark on the Feelings Gauge how strong your feeling was at the time.



Which coping skill did you use to help lighten your thought and feeling?

Deep Breaths

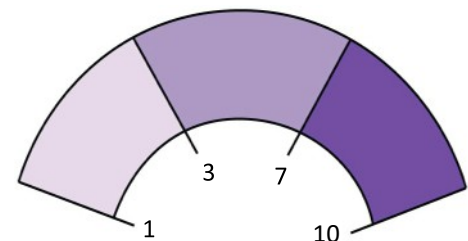
Muscle Relaxers

5 Senses or other Grounding activity

I used another skill: (Write the skill.)

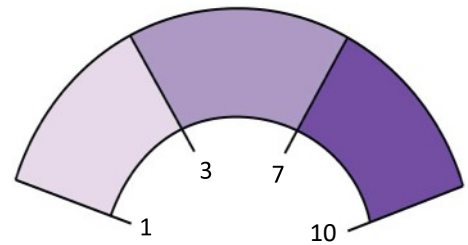
What was your feeling after using your coping skill?

Mark how strong your feeling was after using the coping skill.



Describe a time when you had a heavy thought and feeling this week and what they were.

Mark on the Feelings Gauge how strong your feeling was at the time.



Which coping skill did you use to help lighten your thought and feeling?

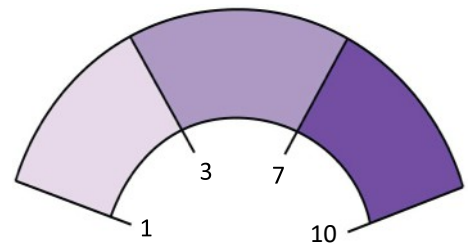
Deep Breaths

Muscle Relaxers

5 Senses or other Grounding activity

I used another skill: (Write the skill.)

How strong was your feeling after using your coping skill?



Keep practicing your deep breaths and muscle relaxers each day!

Teach a coping skill to someone you know this week.