

Child Name: _____

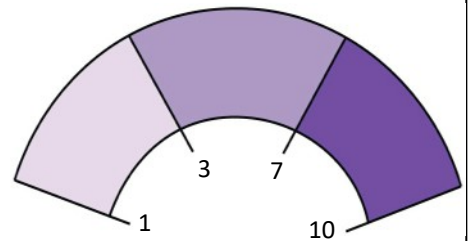
Caregiver Signature: _____

Home Activity E: Using My Feel Better Plan

Some people who have been through a trauma will have heavy feelings and thoughts about what happened. When that happens to you, then you can use the coping skills learned in the group to help you lighten your thoughts and feelings.

Write about a time this week when you had a heavy thought or feeling about your trauma.

Make a mark on the Feelings Gauge to show how strong your feeling was.



Write which coping skill you used to help lighten your thought or feeling.

What was your feeling after using your coping skill?

How strong was it?

