

**I
CAN
COPE!**

BY

[Empty rounded rectangular box for author name]

Cover

Have you ever had a really bad day?



A day where nothing seems to go your way?
A day that just seems to get off track, and stay off track?
A day where you feel like you have so many problems and
just don't know how to solve them?

**Everyone has days like that.
Everyone has problems that need solutions.**

Some people
need solutions
to help them
get along
with others.

I'm right!

*No...
I'm right!*

*No way!
I'm right!*

Some people
need solutions
to help them
feel better
about themselves.



**Some people need
solutions for problems
in their families.**



Still others need
solutions to deal
with their school work.



There are ways to help yourself feel better
when you have a bad day.
You can have solutions for dealing with your problems.

Finding solutions to problems is called

COPING.

Coping means that you have ways
to get your day back on track when
something happens to make you feel



**angry,
sad,
scared,**



or



confused.

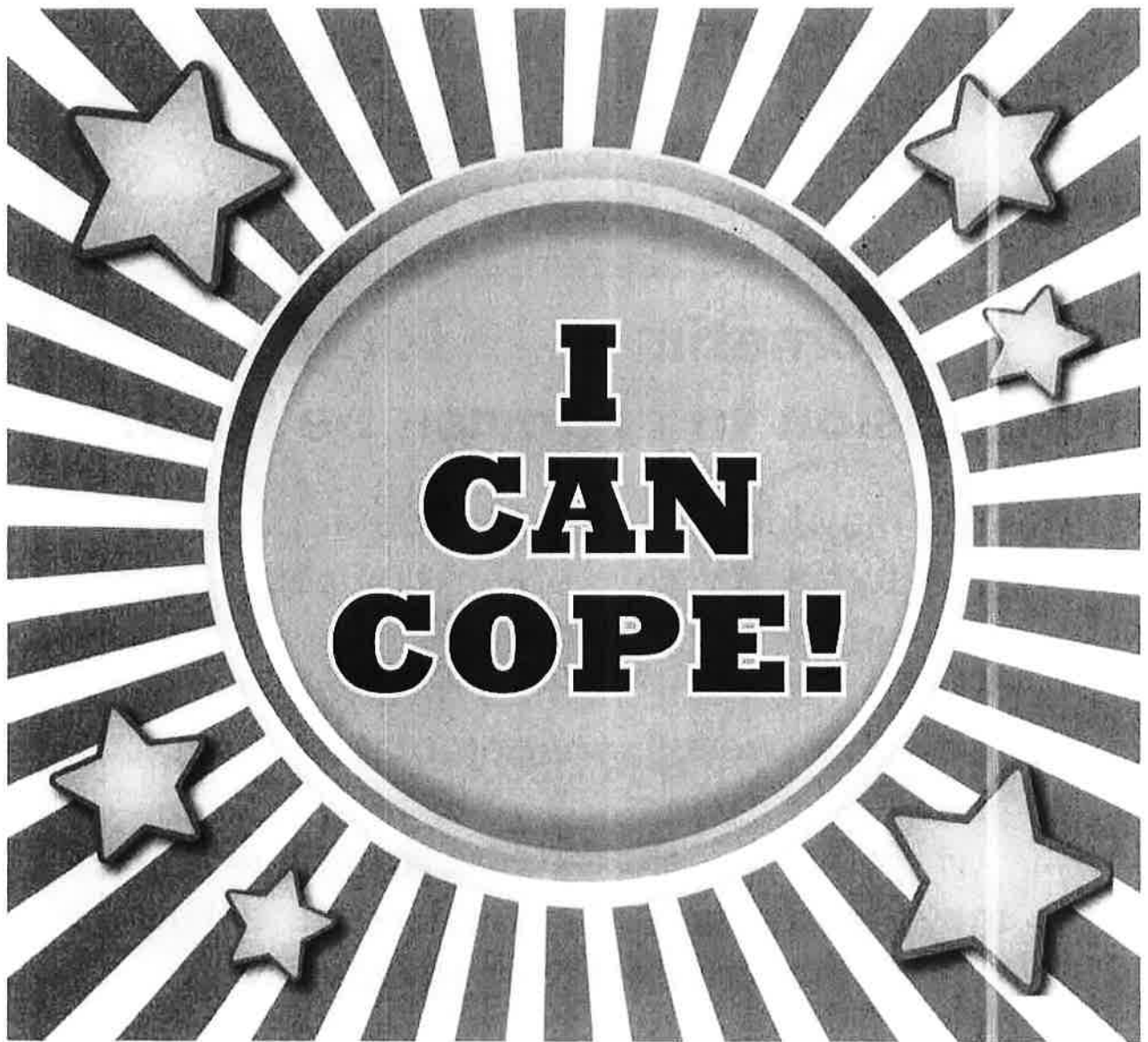


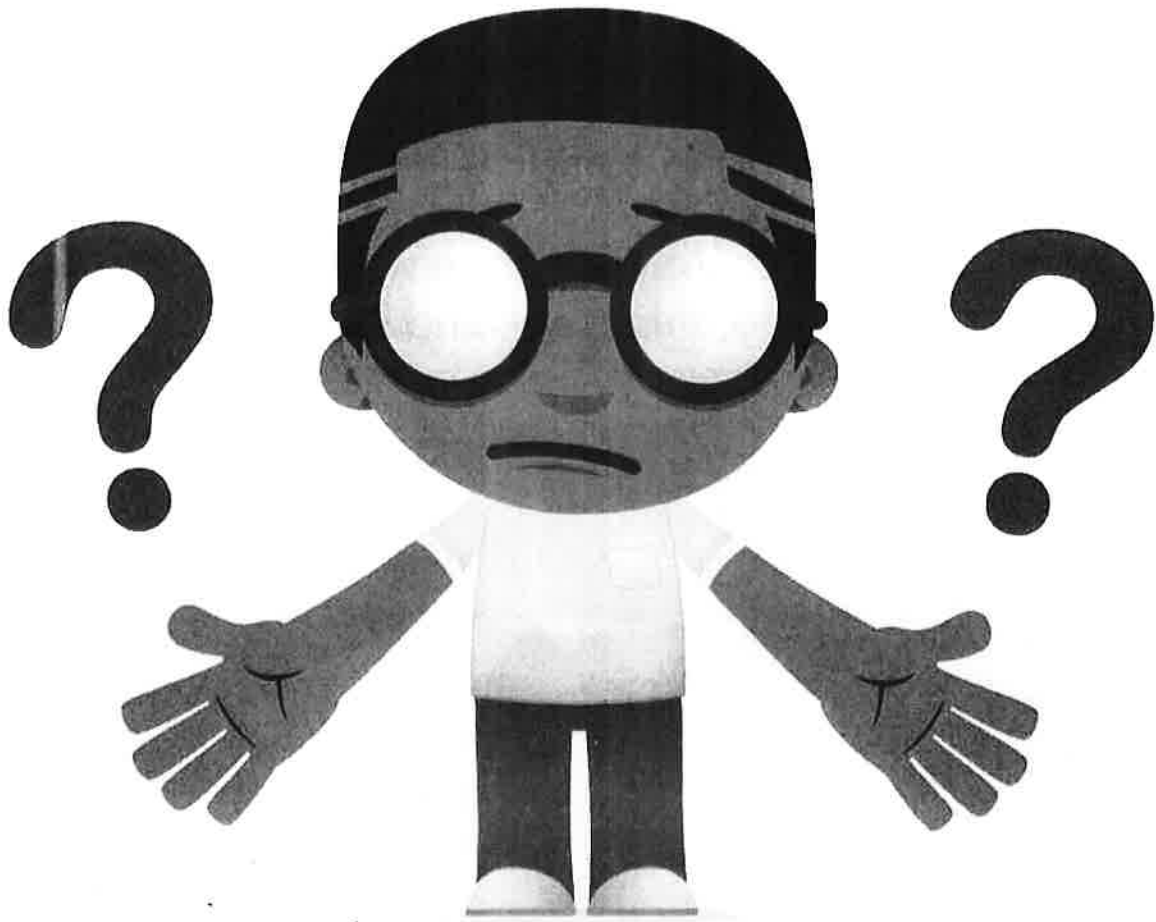
Coping is a choice you can make.

You can choose to solve your problems rather than let your problems ruin your day.

When you make a choice to cope, you are making a choice to be responsible.
Being responsible can make you feel very good about yourself.

When you make a choice to take responsibility to solve your problems, then you are telling everyone ...





**Sometimes, making a
decision to cope can be hard.**

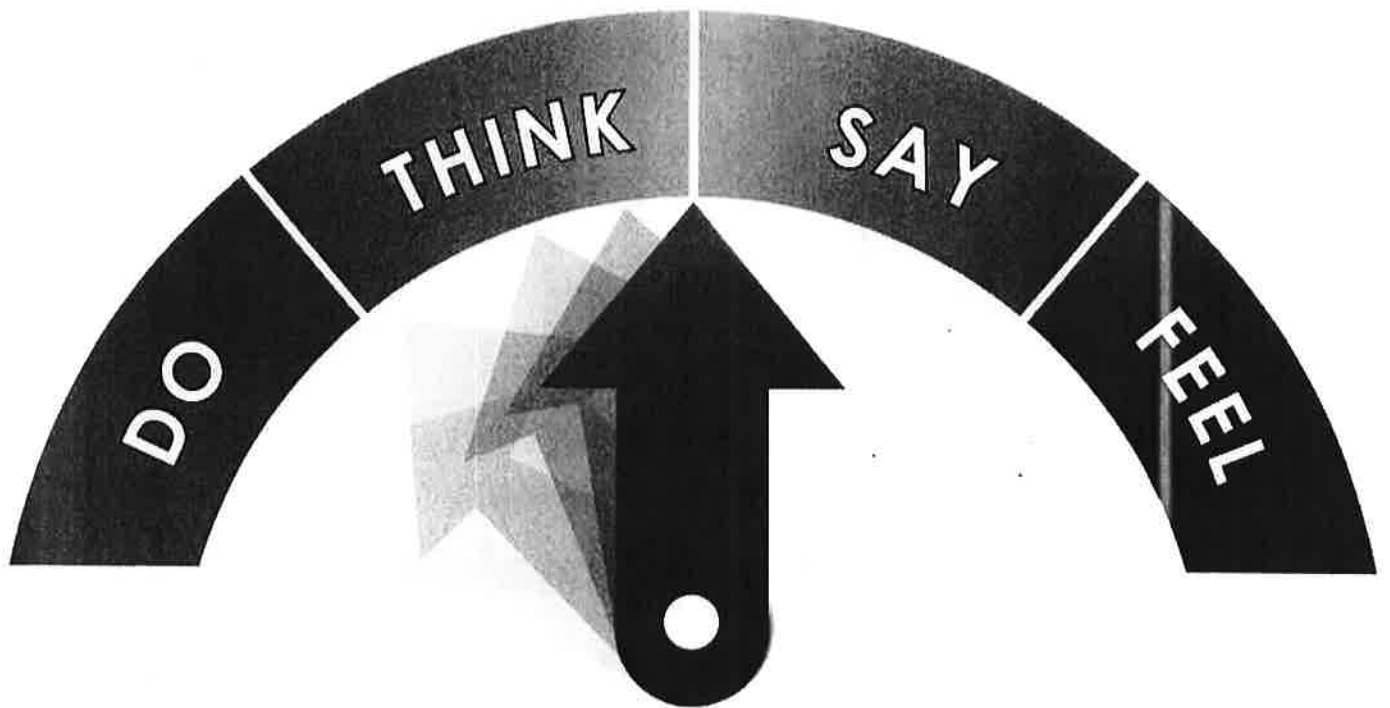
You may feel like you want other people
to solve your problems for you.

You may want them to give you the
answers to your problems.

Or, you may want them to change what
they are doing, thinking, saying or feeling
so that your problem goes away.

You can't change what other people do, think, say, or feel.

You can only change what **you** do, think, say, and feel.



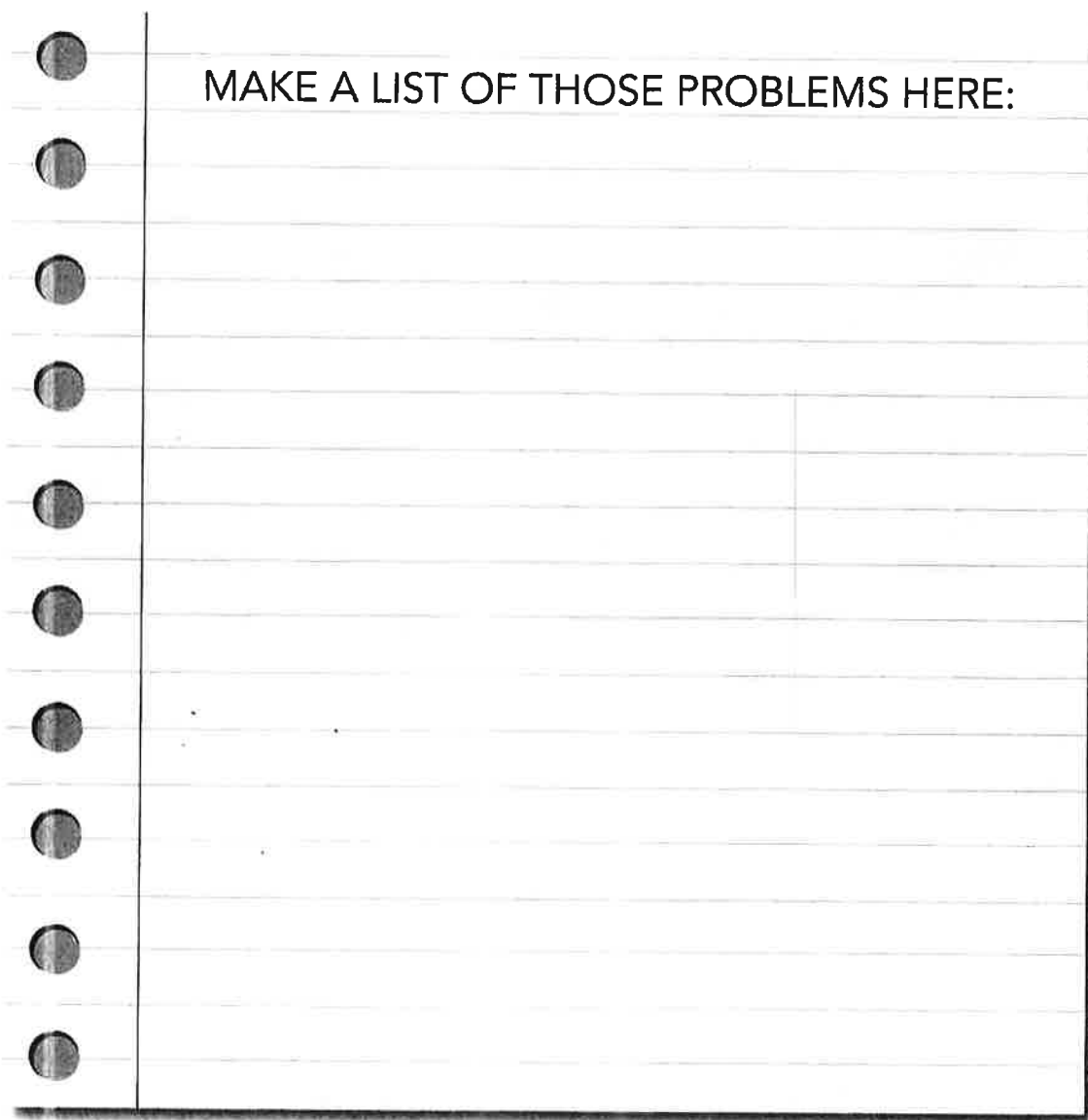
And when you change what you do, think, say, and feel, you are building coping skills.

Coping skills help keep **you** in control of **you**.

By being in control of yourself, you can find solutions for your problems that really work.

What problems do you have that require coping skills?

MAKE A LIST OF THOSE PROBLEMS HERE:



Let's see if we can find some coping skills
for you to use to help you solve these problems,
so that you can say:

I CAN COPE!

FEELING COPING SKILLS



Sometimes, when you have a bad day, you may try to pretend that nothing is bothering you.

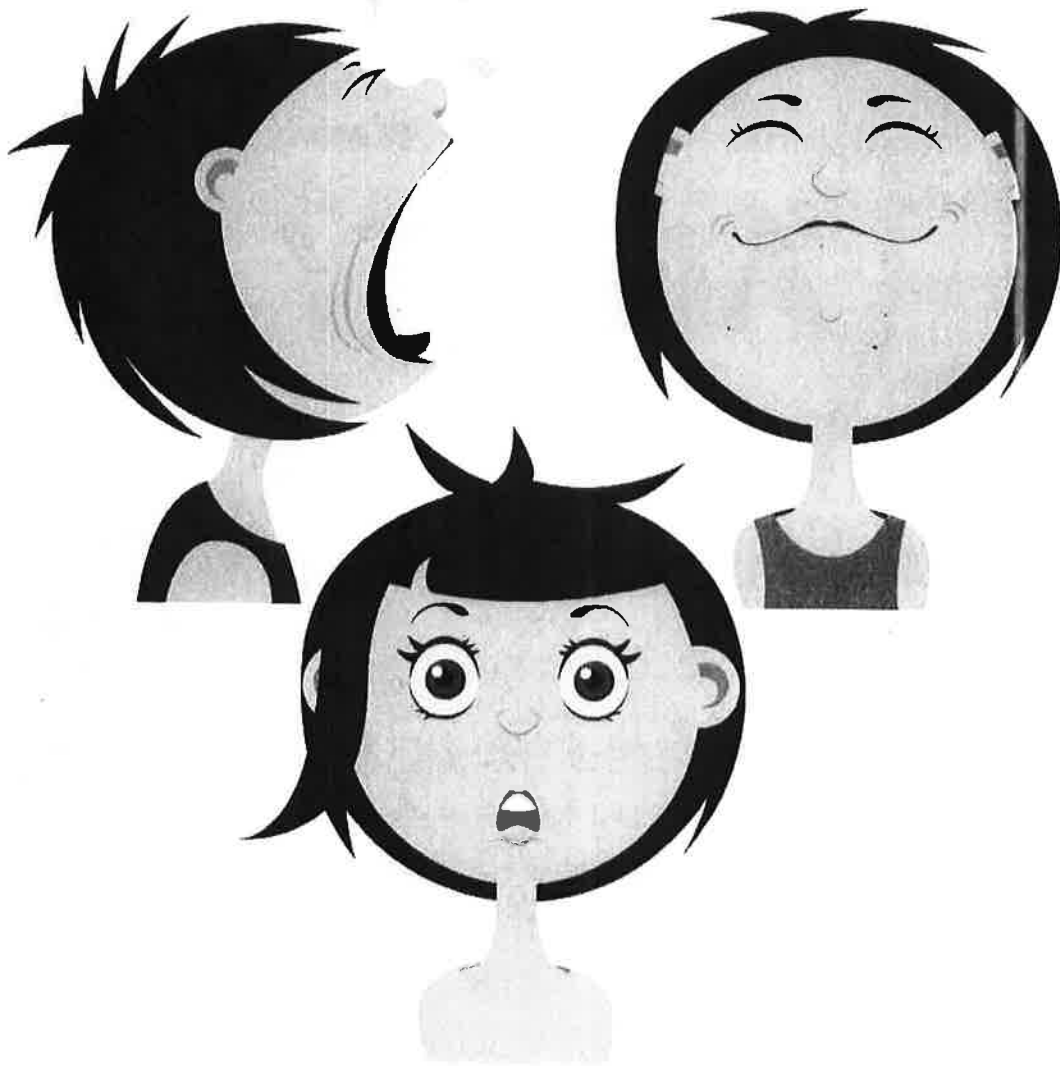
You may work hard to hide your real feelings from other people. You might believe that you will feel worse if others know how you really feel.

Sometimes you may try to hide your real feelings even from yourself. You might try to convince yourself that you are not really feeling badly about your day.

Feeling Coping Skills

help you understand
that any feeling you have is all right.

They help you to admit what you are really feeling. Feeling Coping Skills also help you remember that your feelings are as important as anyone else's feelings. So, if your feelings are important, it is okay to show them!



Knowing how you really feel helps you to make good decisions about how to solve your problem.

Sorting out your feelings is the first step to get your day back on track.

Try sorting out your real feelings by answering these questions.

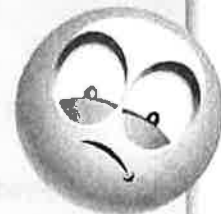
***Have you ever pretended to have a feeling
that you didn't really have down deep inside?***

What was the feeling you pretended to have?

What was the real feeling that you had?

What feelings are easy for you to show?

What feelings do you hide?



When you use your Feeling Coping Skills to understand what you are really feeling, you can be more in control of your actions, your thoughts and what you talk about.

Here's a list of some **Feeling Coping Skills.**

Some of these can help you to discover what you are feeling.
Others get in the way of discovering how you really feel.
Circle all those that you have used.



Telling people I don't really care about what happened

Covering up my feelings

Figuring out how my problem makes me really feel

Blaming other people for how I am feeling

Figuring out what my feelings are trying to tell me

Showing only one feeling to others, no matter what else I am feeling inside

Laughing

Crying

Turning my sad or scared feelings into anger

Pretending my feelings are the same as someone else's

Can you add any more Feeling Coping Skills to this list?
Write down your ideas in the space below.

Look over the Feeling Coping Skills you have circled.

List the ones that helped you to discover what you were really feeling.
Then list the ones that did not help you to figure out your feelings.

The image shows a worksheet with two columns. The left column is titled "Helped Me" and the right column is titled "Did Not Help Me". Both columns are blank and have a spiral binding at the top. A pencil is drawn across the top of the "Helped Me" column.

When you choose Feeling Coping Skills that help you discover how you really feel, then you can begin to find solutions to your problems.

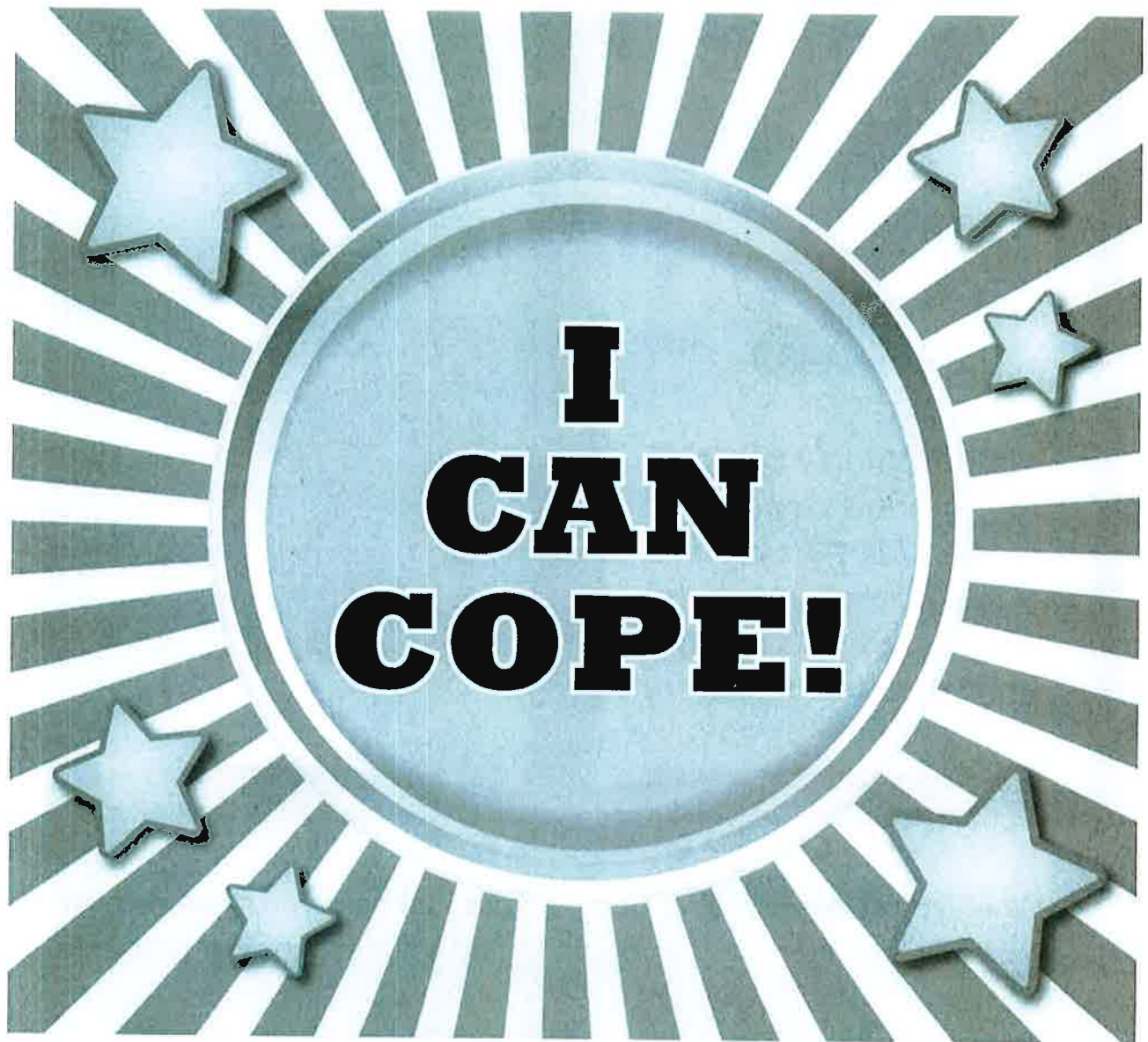
At the back of this workbook, write a list of all the Feeling Coping Skills you can use to help you figure out your real feelings.

Remember these Feeling Coping Skills!

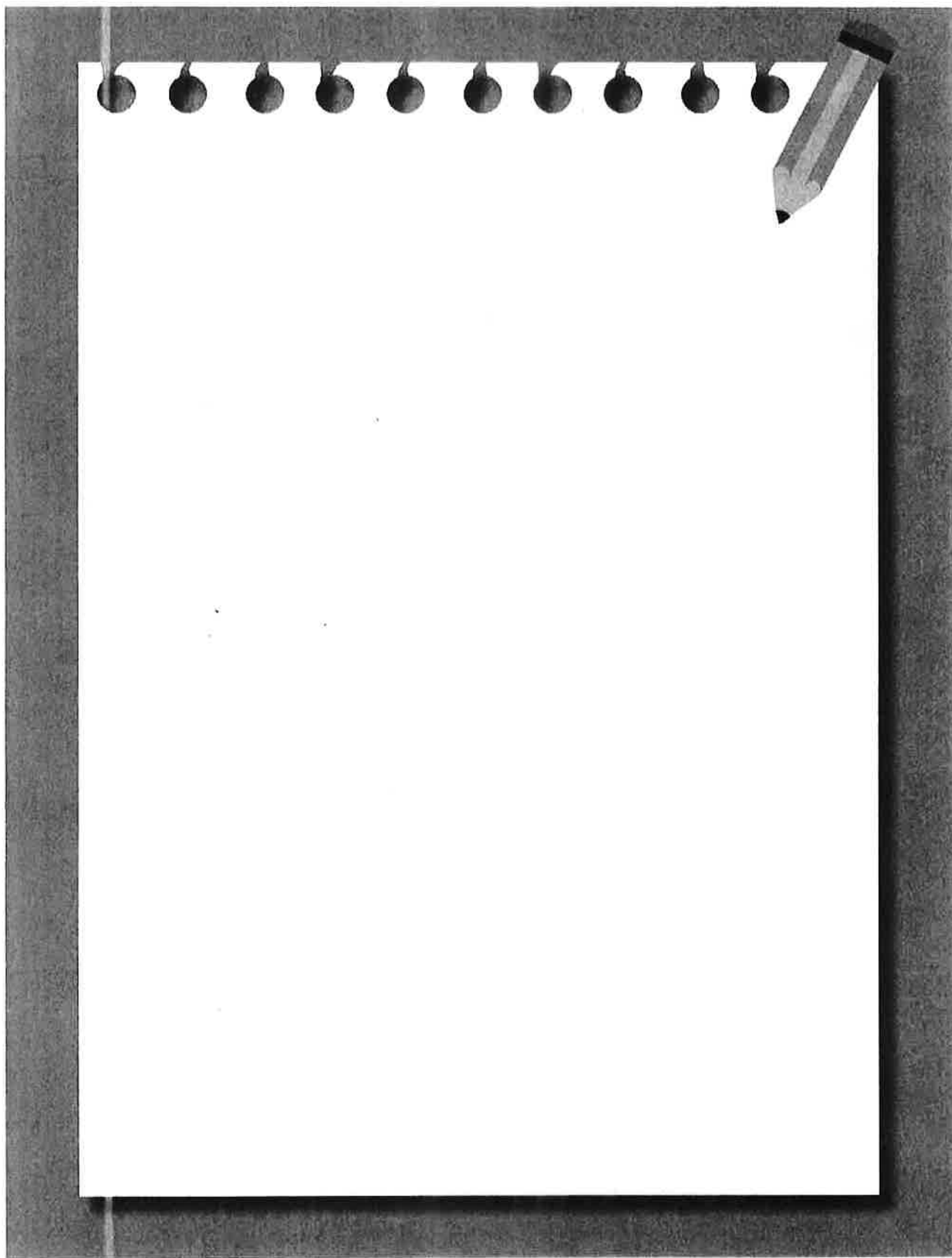
Whenever you are faced with a problem ask yourself:

"Can I begin finding solutions to my problem by being honest with myself and others about my real feelings?"

Understanding better how you are feeling can help you get your day back on track. It will help you say ...



Draw a picture here of you using a Feelings Coping Skill.



THINKING COPING SKILLS

Thinking Coping Skills
are the things you say to
yourself that help you believe
you can solve your problem.



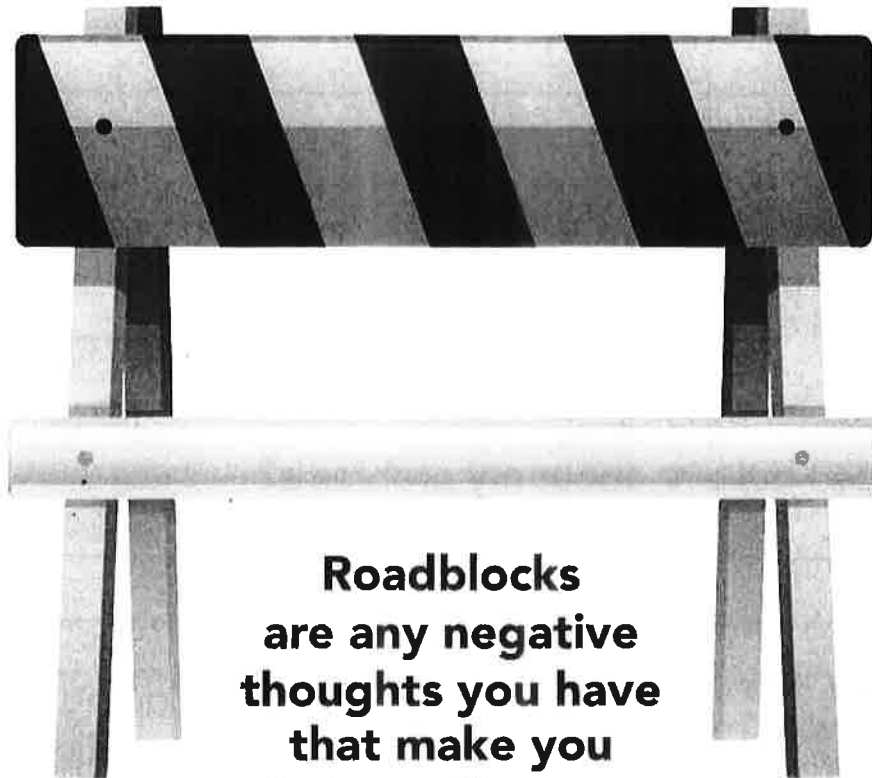
Thinking Coping Skills
help you believe
that you are stronger
than your problem.
They give you courage
and determination to find
a solution to your problem.

When you use your Thinking Coping Skills
to change what you believe,
you can make yourself feel better
and solve your problems.

Good Thinking Coping Skills

are those that help you believe that your problems can be solved.

They knock down
roadblocks.



**Roadblocks
are any negative
thoughts you have
that make you
believe that you
are not able to
solve your problems.**

Roadblocks can make you believe that you are weak or not worthwhile.
Roadblocks can make you doubt you are capable of solving your problems.

Watch out for roadblocks!

Answer these questions to see what roadblocks you might have:

What do I believe about myself?

1. I believe I am _____

2. I believe I can _____

3. I believe I am not _____

4. I believe I can not _____

5. What do I believe about my problems?

6. Does my way of thinking about myself help me or hurt me in dealing with my problems?

7. Do I believe that I have the power to solve my problems?

Be aware of when your thinking starts putting up roadblocks.



**Get ready to
knock them down!**



Here's a list of some **Thinking Coping Skills.**

Some of these help you to believe that you can solve your problem.
Others only make you believe that you can't solve your problem.
They are roadblocks. Circle all that you have used.

Believing the problem is someone else's fault

Thinking about it from another person's point of view

Thinking that no one likes me

Finding another explanation for what happened

Thinking about what has to happen to make me feel better

Telling myself that everything is always my fault

Believing that I am worthwhile

Thinking positive things about myself

Believing I am responsible for things that other people do

Believing that problems can be solved

Pretending the problem isn't here

Setting new goals

Believing that I deserve bad things happening to me

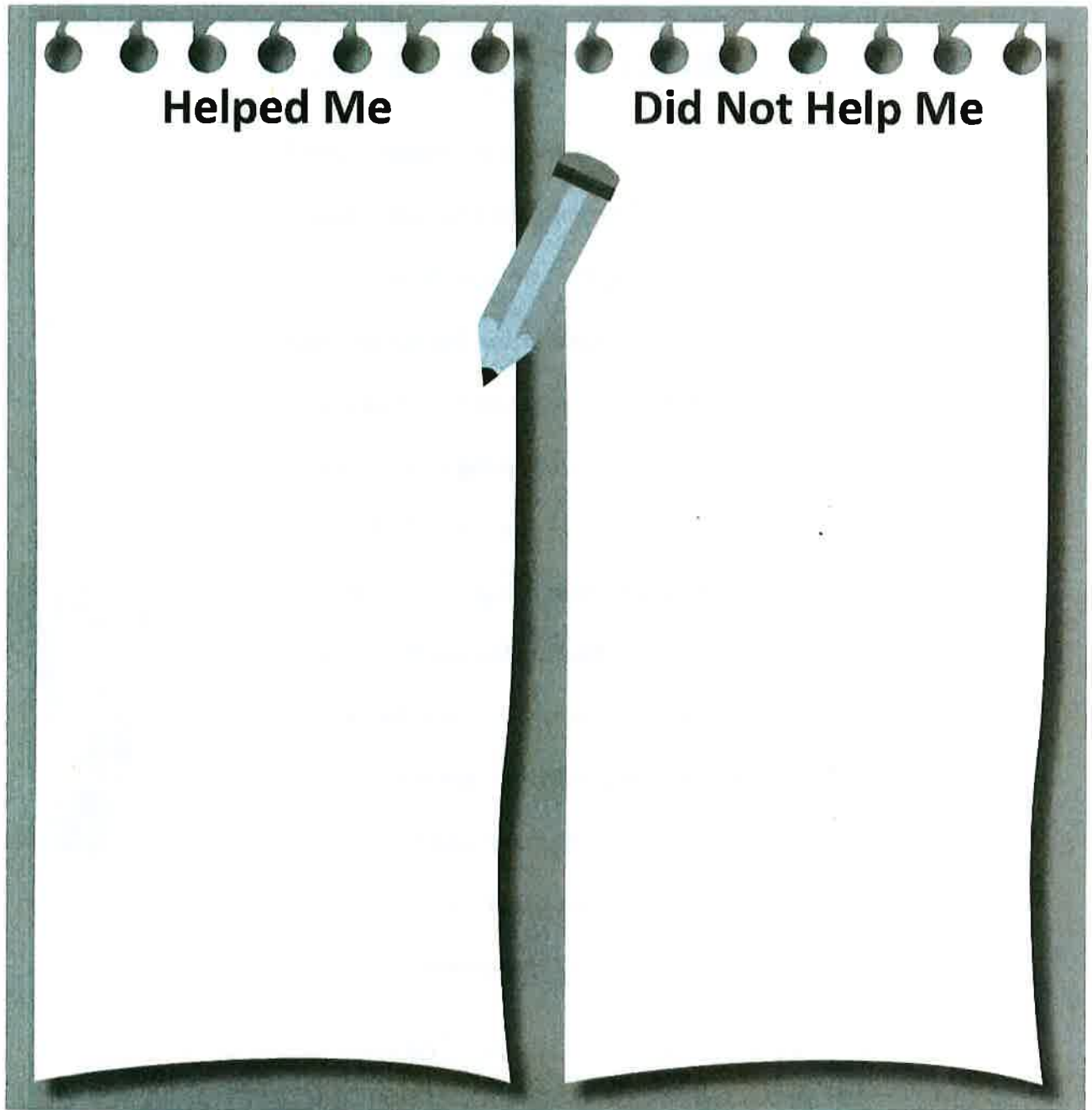
Finding excuses for why the problem can't be solved



Can you add any more Thinking Coping Skills to this list?
Write down your ideas in the space below.

Look over the Thinking Coping Skills you have circled.

List the ones that helped you to believe you can solve your problems.
Then write down the roadblocks that did not help you.



The image shows a graphic of a spiral-bound notebook with two pages. The left page is titled "Helped Me" and the right page is titled "Did Not Help Me". A pencil is shown writing on the left page. The notebook has a dark green cover and a spiral binding on the left side.

When you choose Thinking Coping Skills that help you believe you can solve your problem, then you can find solutions to your problem.

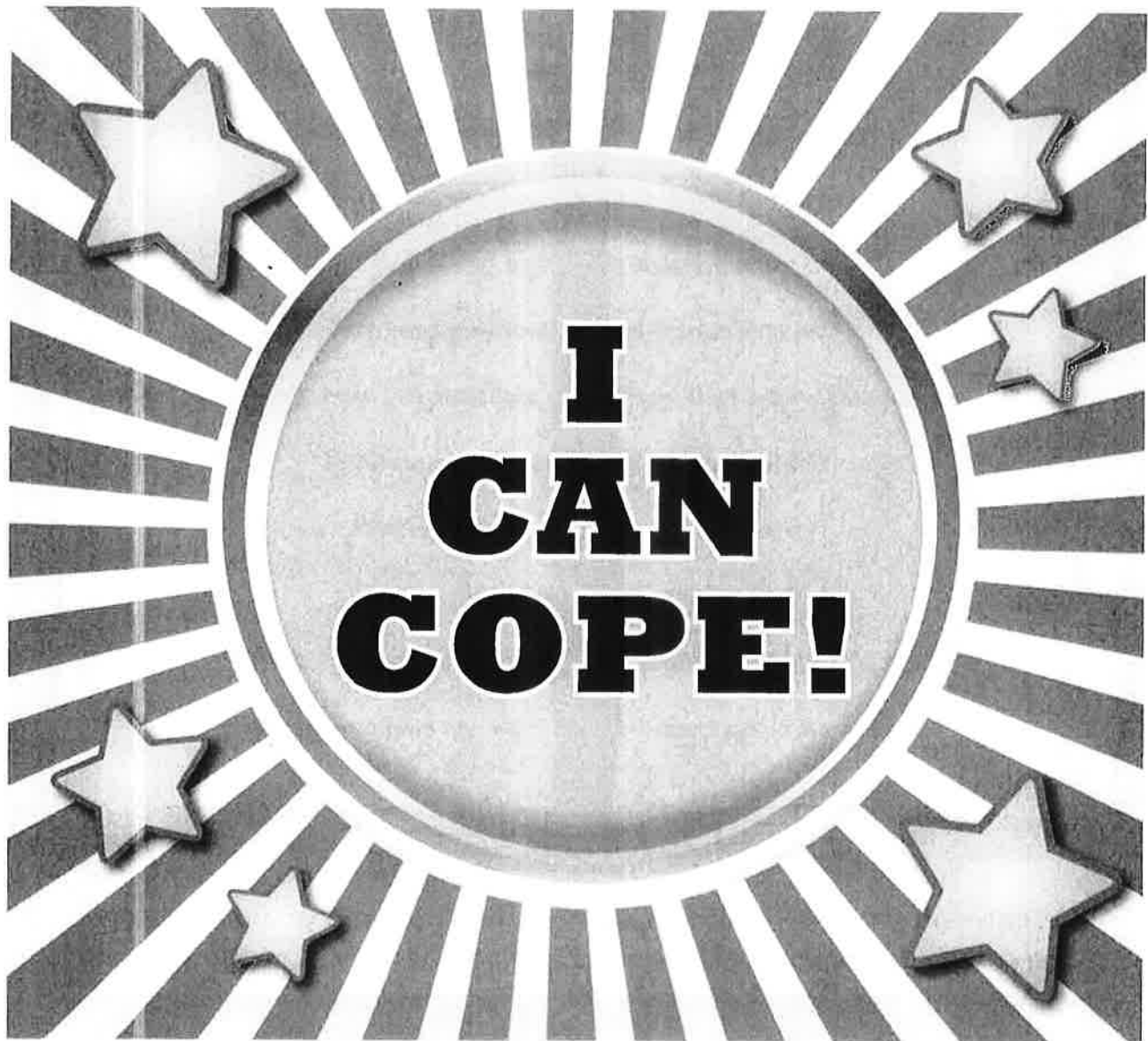
At the back of this workbook, write a list of all the Thinking Coping Skills you can use to help you feel good about solving your problems.

Remember these Thinking Coping Skills!

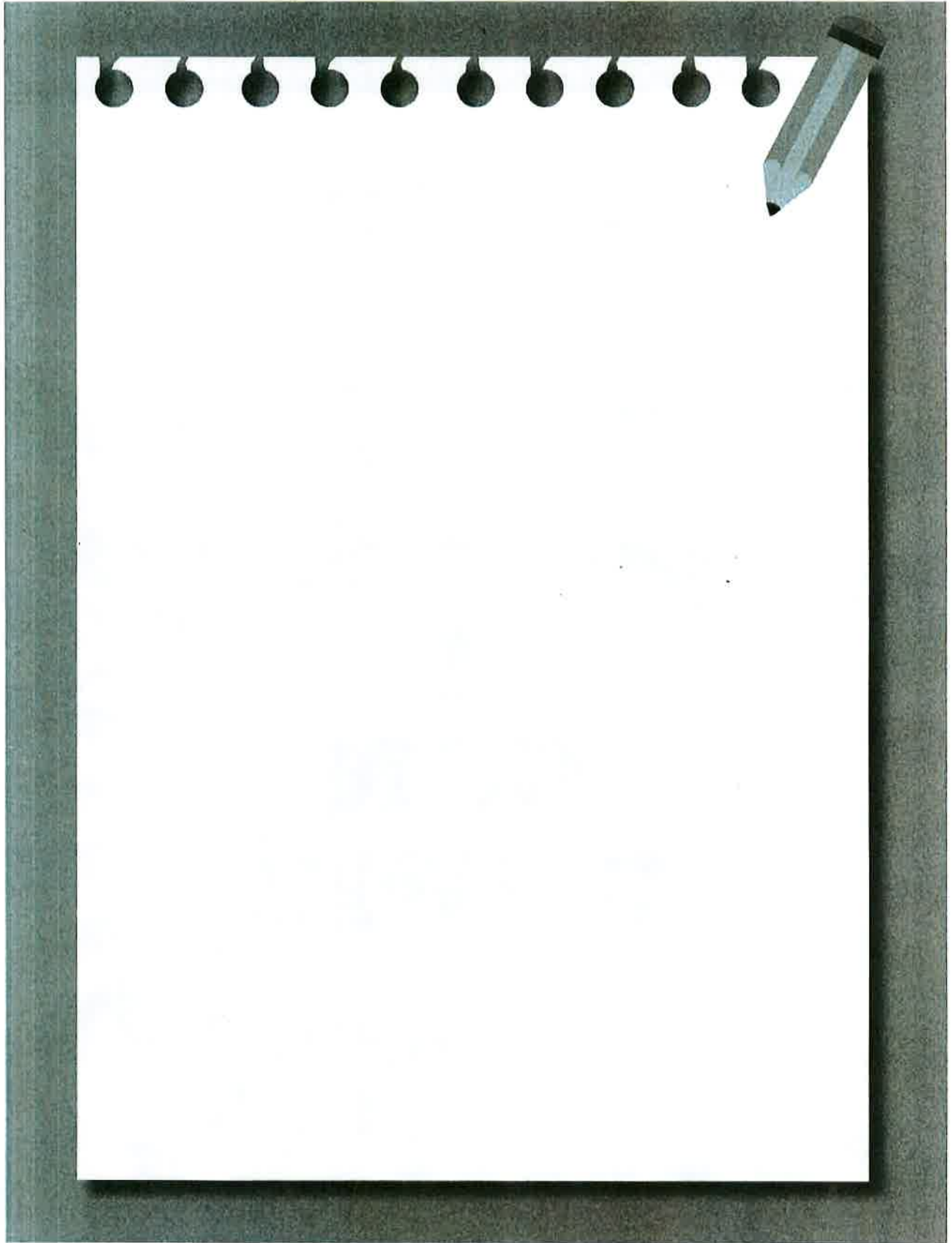
Whenever you are faced with a problem ask yourself:

"Can I cope with my problem by changing how I am thinking about myself or the problem?"

Understanding how you think can help you solve the problem.
It will help you say ...



Draw a picture here of you using a Thinking Coping Skill.



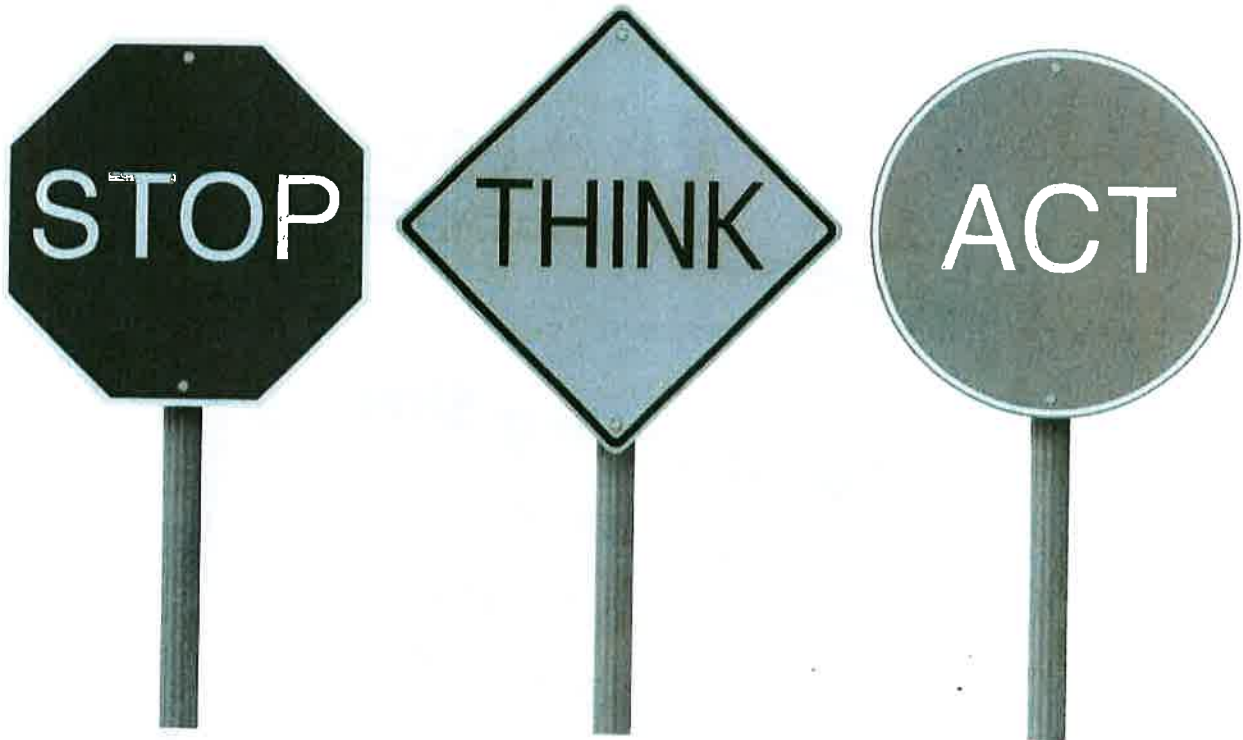
DOING COPING SKILLS



They help you to be in control of yourself.

When you are in control of yourself and choose good actions, you can solve your problems.

Some Doing Coping Skills help you solve your problem and some don't.



In fact, there are some Doing Coping Skills that may even make your problem worse.

These are actions that will get you into trouble, or actions that will hurt someone else.

Although they may make you feel better for a little while, the consequences for you don't help you to solve your problem.

They may be causing you to not get along with others, or to spend a lot of time in trouble.

These unhelpful Doing Coping Skills stand in the way of finding real solutions to your problems.

It is important to decide which Doing Coping Skills help you and which ones do not.

To find out if your Doing Coping Skills are helpful,
try answering these questions.

1. Do my Doing Coping Skills help me, or get me in trouble?

2. Do my Doing Coping Skills hurt anyone else?

3. Am I willing to accept the consequences of my Doing Coping Skills?

4. Do I feel good about myself when I use my Doing Coping Skills?

Here's a list of some **Doing Coping Skills.**

Some help you solve your problems while still feeling good about yourself. Other Doing Coping Skills may get you into more trouble, or hurt someone else. Circle all that you have used.

Kicking someone

Sticking out my tongue

Making another person's problem my problem, too

Letting the other person handle it for him/herself (Do nothing.)

Walking away

Taking a time out

Journaling about what happened

Laughing

Acting disrespectfully

Eating

Hiding

Doing the opposite of what I am asked

Breathing deeply

Relaxing my muscles

Exercising

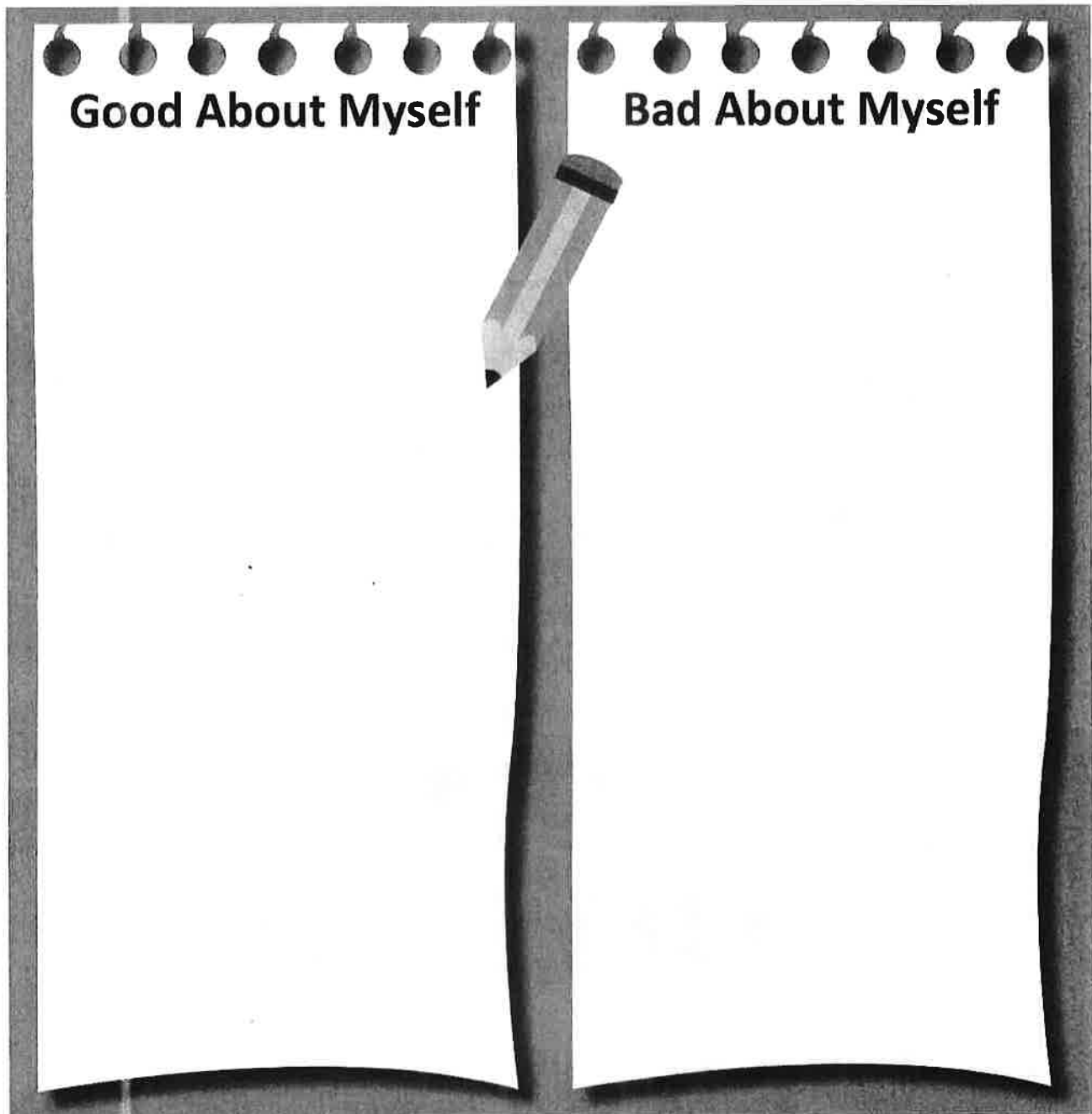
Counting to 10

Can you add any more Doing Coping Skills to this list?
Write down your ideas in the space below.



Look over the Doing Coping Skills you have circled.

List the ones that helped you feel good about yourself.
Then list the ones that helped you to feel bad about yourself.



The image shows a graphic of an open notebook with two pages. The left page is titled "Good About Myself" and the right page is titled "Bad About Myself". A pencil is shown pointing towards the center of the notebook. The notebook has a dark cover and the pages are white with spiral binding holes at the top.

When you choose Doing Coping Skills that help you to feel good about yourself, then you can find solutions to your problem.

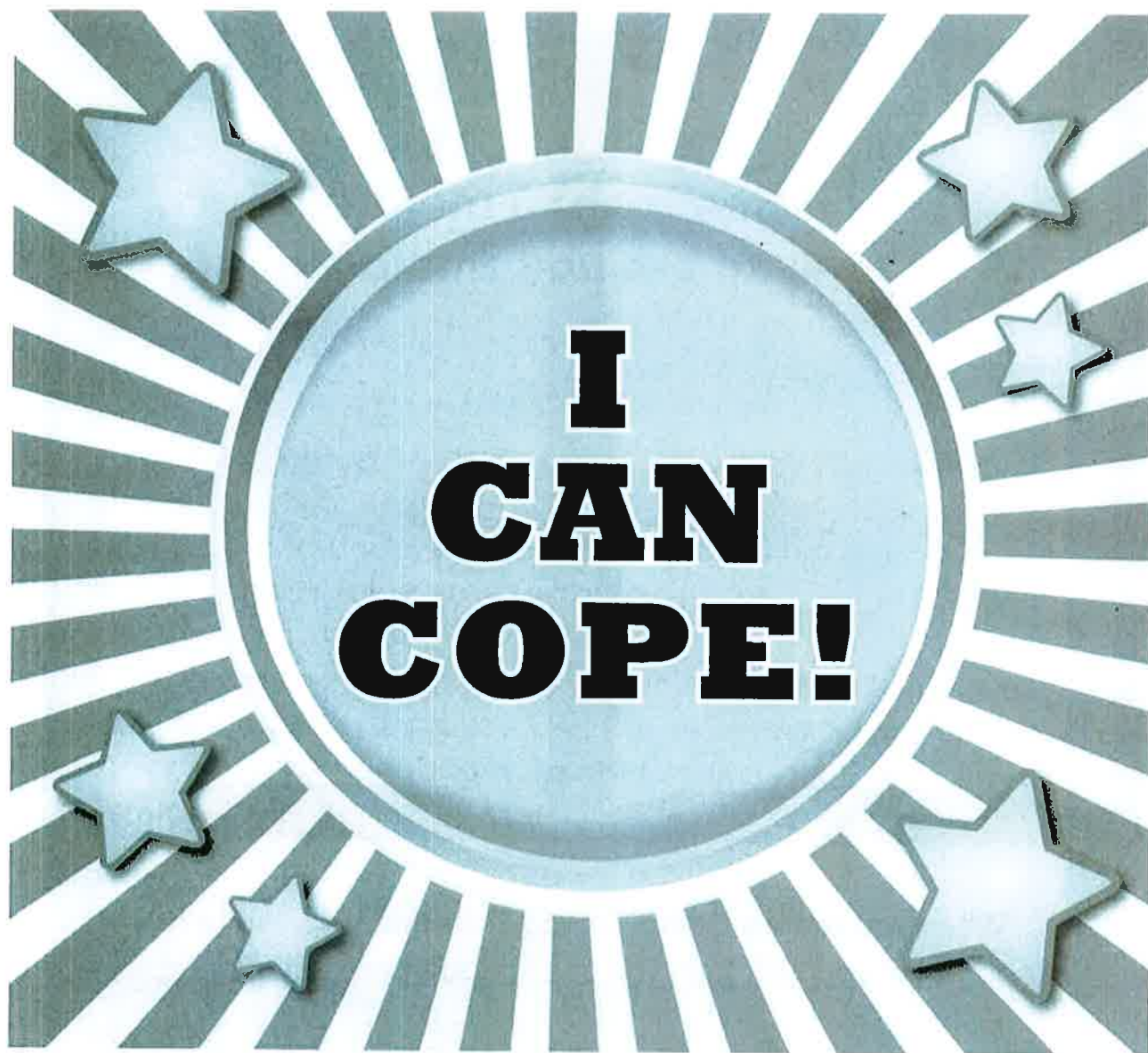
At the back of this workbook, write a list of all the Doing Coping Skills you can use to help you feel good about yourself.

Remember these Doing Coping Skills!

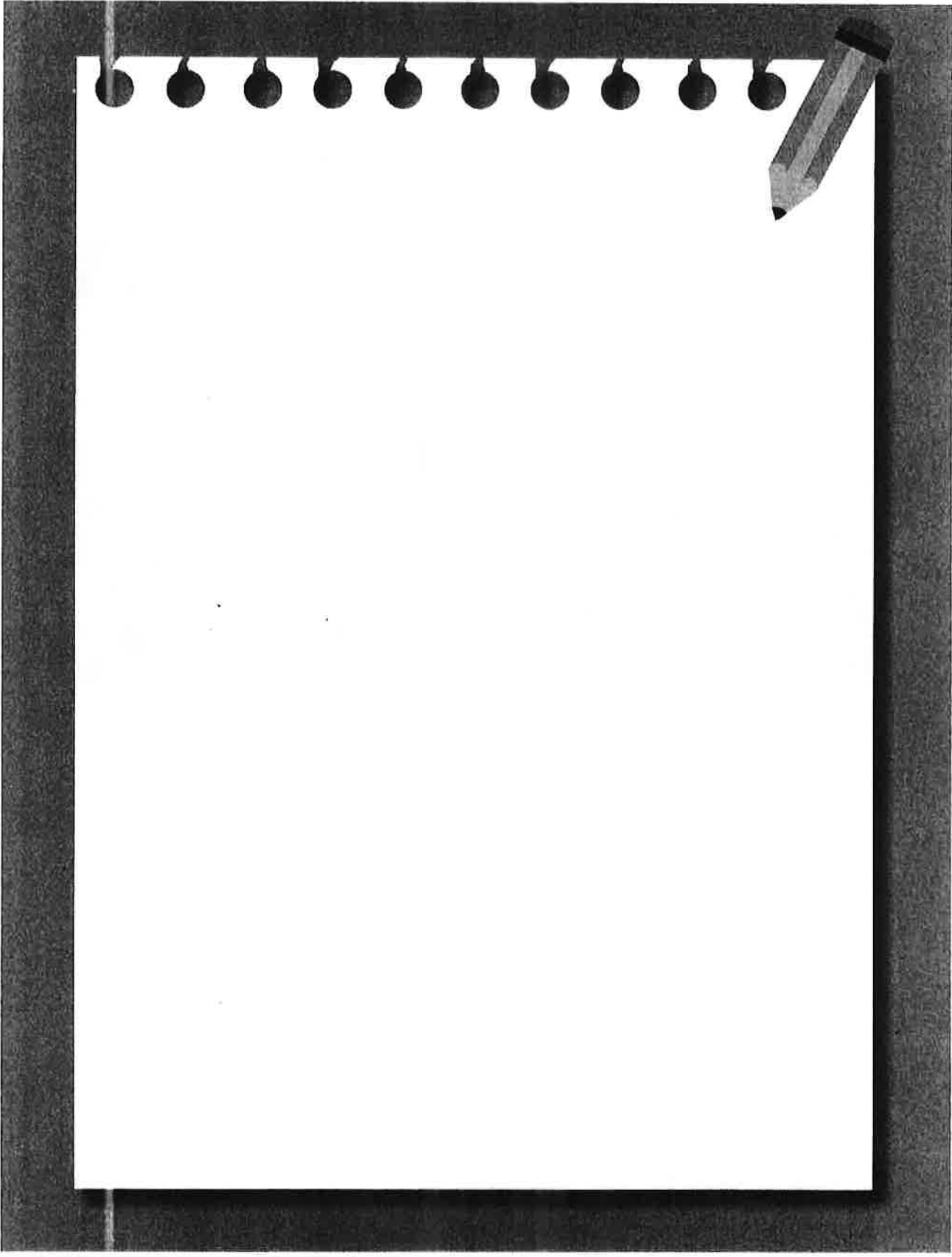
Whenever you are faced with a problem ask yourself:

"Can I cope with my problem by changing what I am doing?"

Changing what you do can help you solve your problem.
It can help you say ...

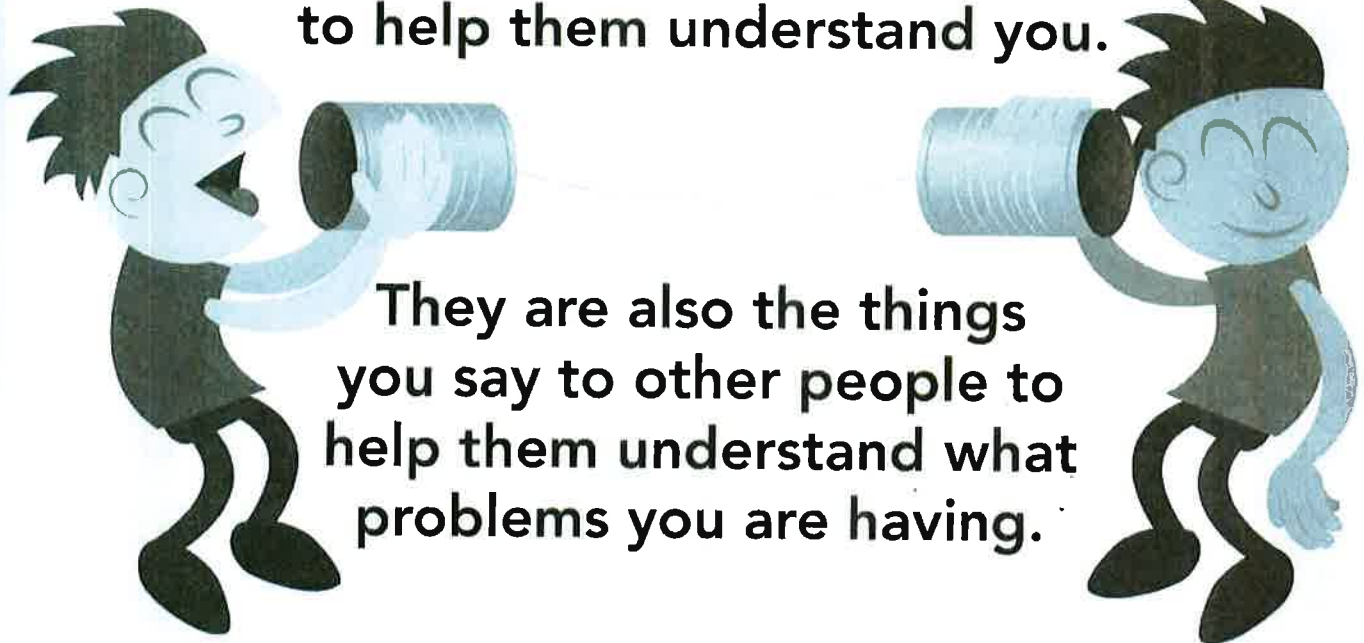


Draw a picture here of you using a Doing Coping Skill.



TALKING COPING SKILLS

Talking Coping Skills are the things you say out loud to other people to help them understand you.



They are also the things you say to other people to help them understand what problems you are having.

When you help others to understand you, they can sometimes help you to see yourself or your problem in a different way. And when you help others to understand you, they can also help by giving you encouragement to solve your problem.

When you have helped others to understand you and your problem, then you can explain what you need in order to solve your problem. Asking for what you need in ways that others hear you can help you solve your problem.

When you use your Talking Coping Skills to help others understand you and your problem, you will feel better about yourself and about your problem.

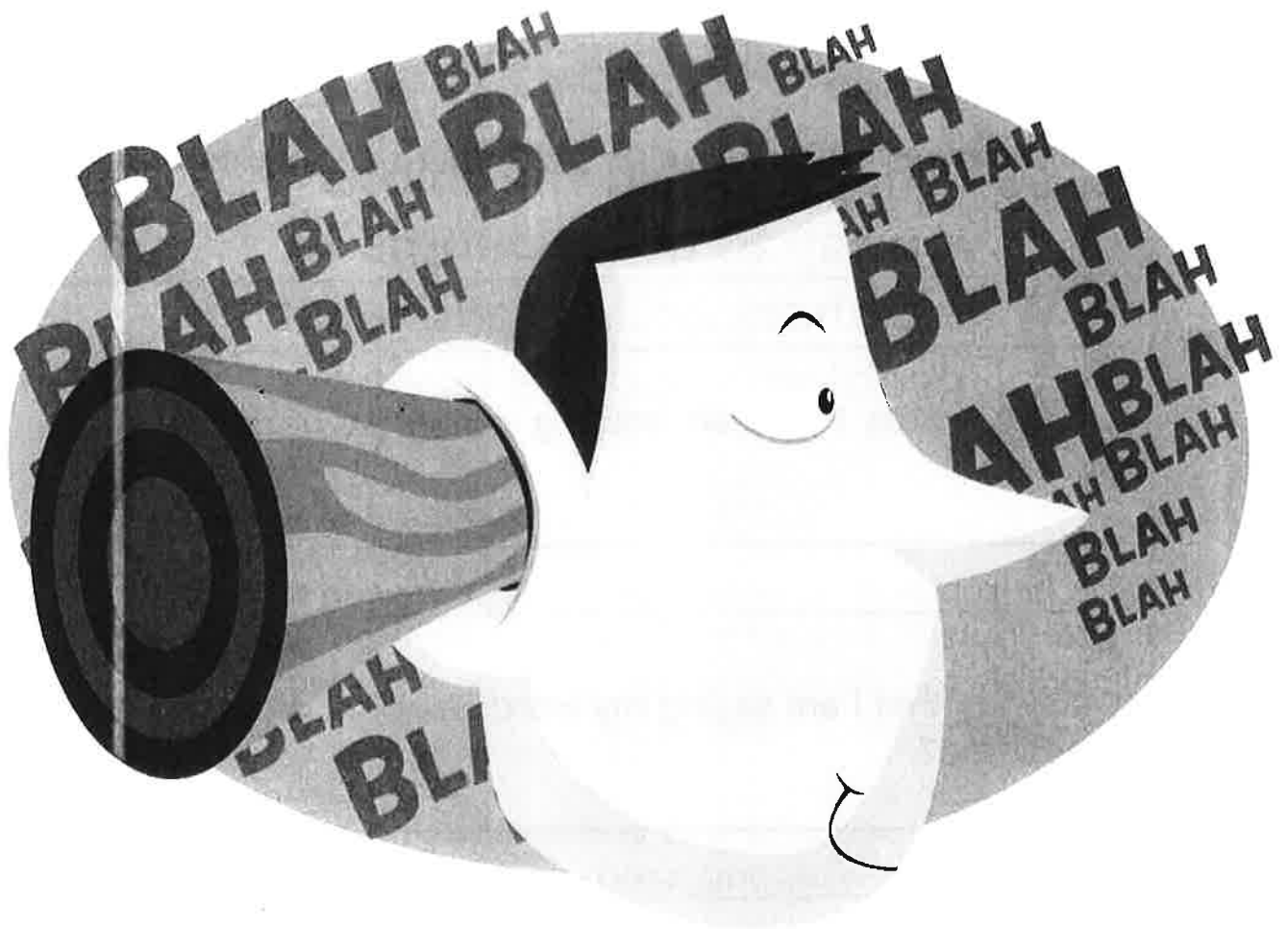
Helpful Talking Coping Skills help others pay attention to you.

They help others know what is happening to you.
Helpful talking coping skills help others to understand
what you need or want to solve your problem.

Talking Coping Skills that are *not* helpful block others from hearing you.

These Talking Coping Skills make others stop listening to you.

They are like giant earplugs.



Rather than helping others to understand you,
these Talking Coping Skills make others not want to listen to you.
And when others are not listening to what you need,
you and your problem may get lost.

So, when you want others to understand what is happening,
it is important to choose a Talking Coping Skill
that helps others to hear you clearly.

To help you find out if your Talking Coping Skills
are helpful or unhelpful, you can answer these questions.

1. Are the words I choose helping others to understand me or are they like giant earplugs?

2. Are the words I choose helping others to understand my problem?

3. Is the way that I am saying my words helping others to want to hear me?

4. Who are the people that I need to listen to me?

Here's a list of some **Talking Coping Skills.**

Some of them help others to hear you.
Others get in the way of you being heard.
They are like giant earplugs. Circle all those you have used.

Interrupting

Asking for encouragement

Calling someone names

Talking with a friend about what happened

Never talking about how I feel

Asking for someone else's opinion

Embarrassing someone on purpose

Standing up for myself

Doing all the talking and not listening to what others are saying

Complaining

Using the statement:

"When you _____, it makes me feel _____ because _____. I need you to _____."

Lying

Yelling or screaming

Blaming someone else

Cursing

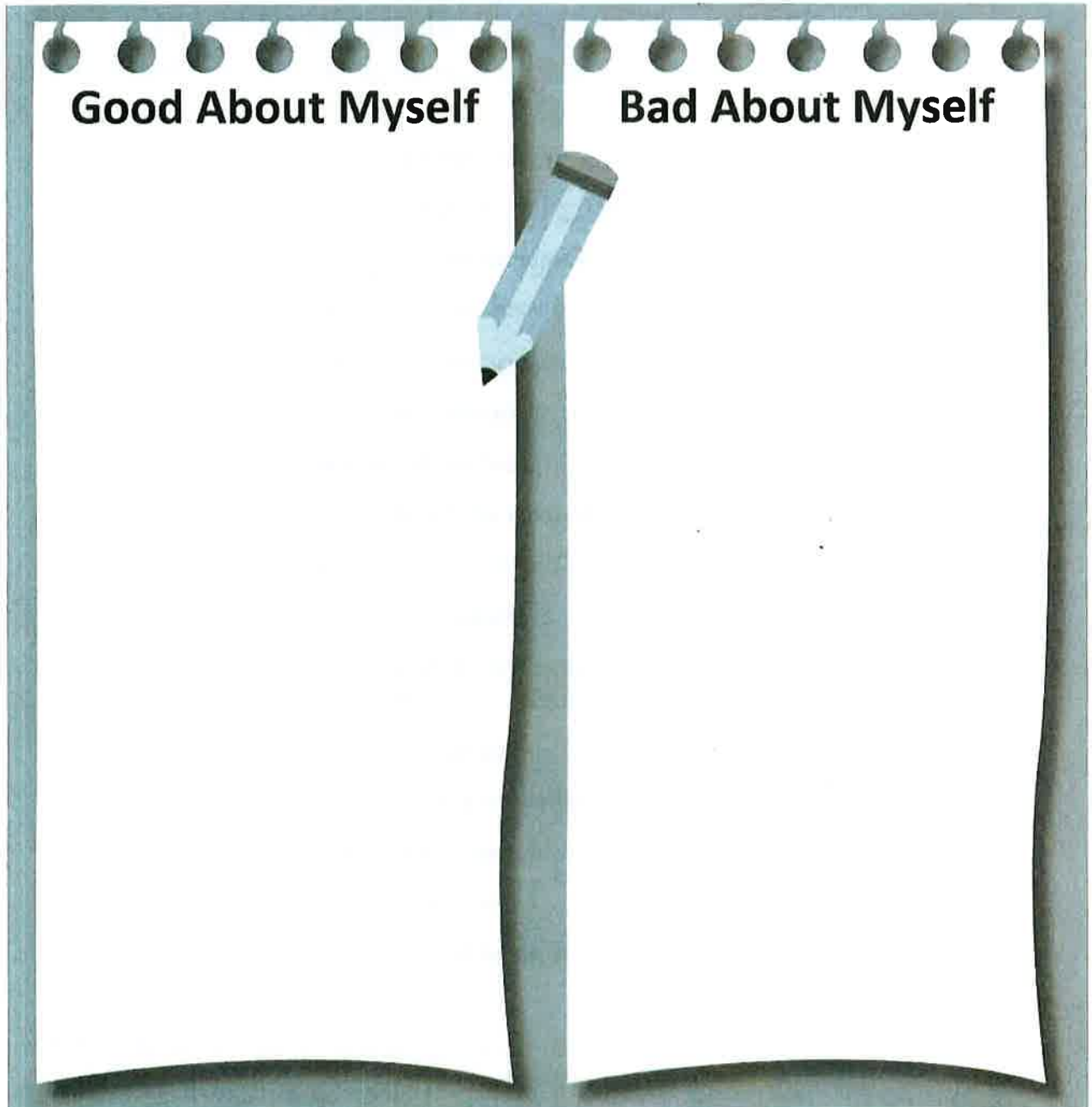
Demanding to have your way

Can you add any more Talking Coping Skills to this list?
Write down your ideas in the space below.



Look over the Talking Coping Skills you have circled.

List the ones that helped you feel to good about yourself.
Then list the ones that helped you to feel bad about yourself.



Good About Myself

Bad About Myself

When you choose good Talking Coping Skills to help others understand you,
you will feel good about yourself and find solutions to your problem.

At the back of this workbook, write a list of all the Talking Coping Skills you can use to help you feel good about yourself.

Remember these Talking Coping Skills!

Whenever you are faced with a problem ask yourself:

"Can I cope with my problem by changing how I am talking to help others better understand me and my problem?"

Changing how you talk can help you solve the problem.
It can help you say ...

