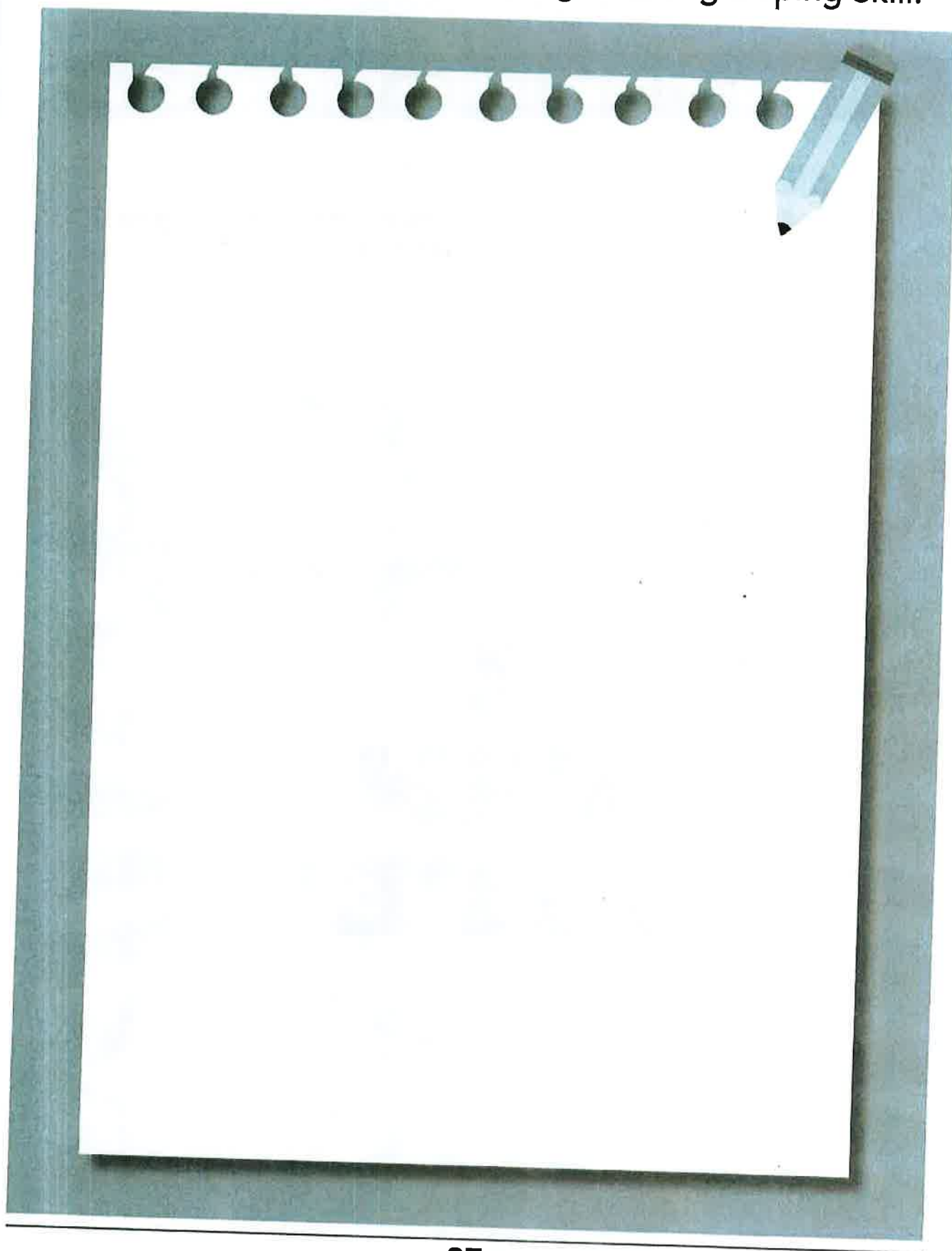
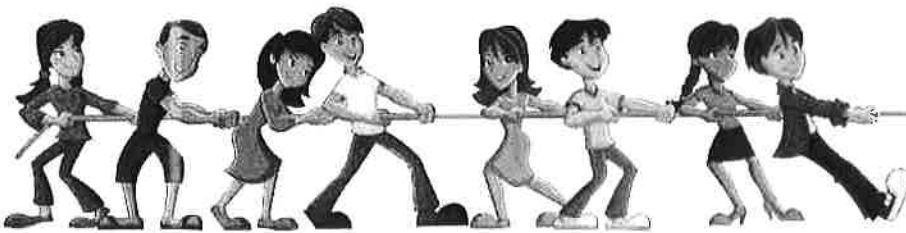


Draw a picture here of you using a Talking Coping Skill.



# COPING SKILLS STUMPERS

Sometimes you may have  
a problem that is very  
**BIG.**



You may try and try to use your coping skills to solve this problem.  
But still the problem feels big.

When you try to cope with your problem,  
but the problem is too big to deal with, it is called a

## **Coping Skills Stumper.**

If you are faced with a problem that feels very big,  
ask someone whom you trust to help you cope.

Asking someone for help is a very good coping skill.  
It is a Talking Coping Skill.

When you choose to use this helpful talking coping skill  
you are in control of you. You are being responsible.




Here are some problems that you may have that need another person's help:

**Being bullied.**


**Being teased in a dangerous way.**

**A family problem, such as drinking, using drugs, or using violence in the home.**

**Someone touching you in a place that is private.**



**Can you name some other problems?**



**Who can you ask to help you with these problems?**



Ask that person today!

**Remember:**  
Knowing when to ask for help is also a good Talking Coping Skill!

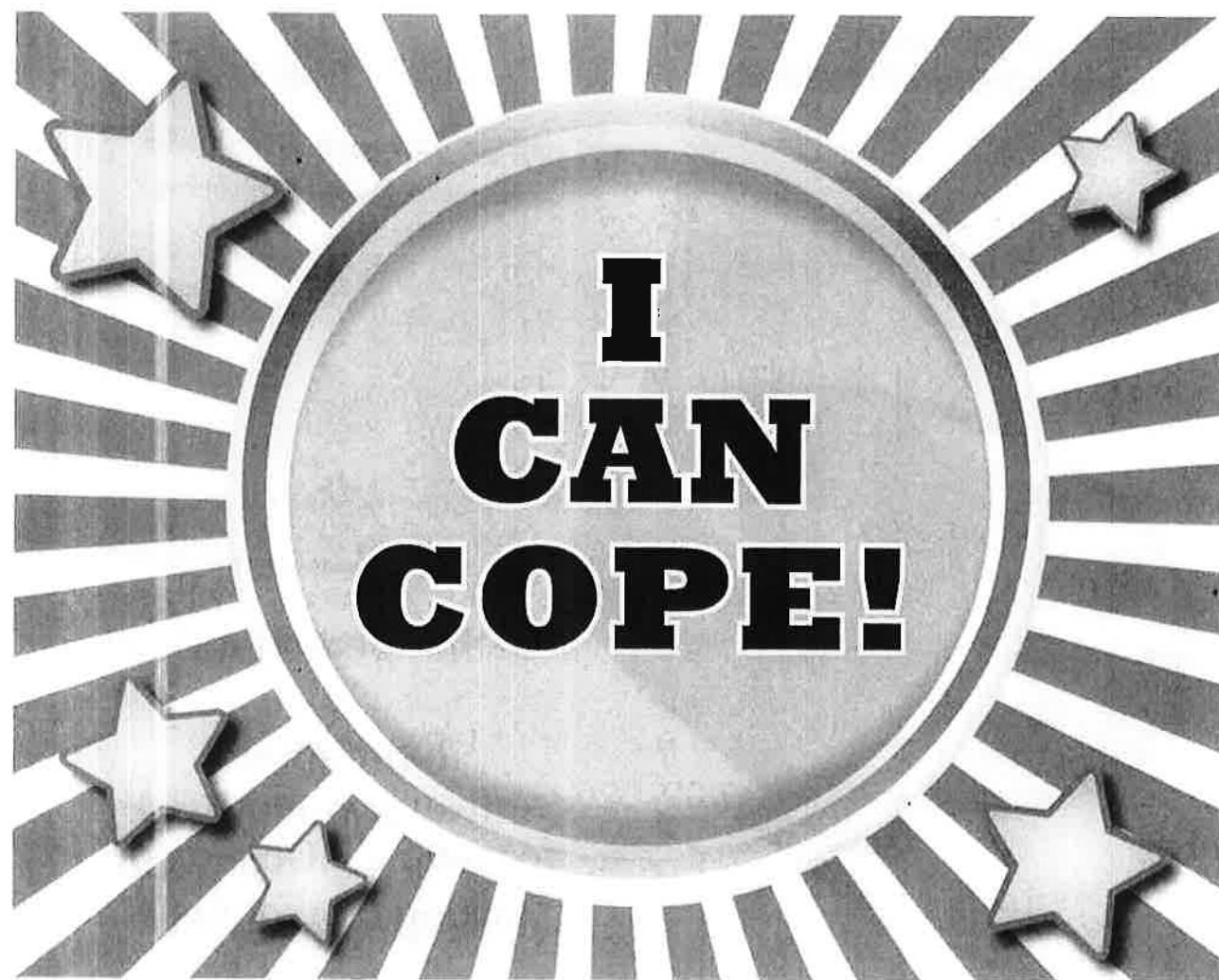
**When you use your helpful Coping Skills,  
you are in control of you.**

Being in control of yourself helps you to be responsible.  
Being responsible helps you to feel good about yourself.

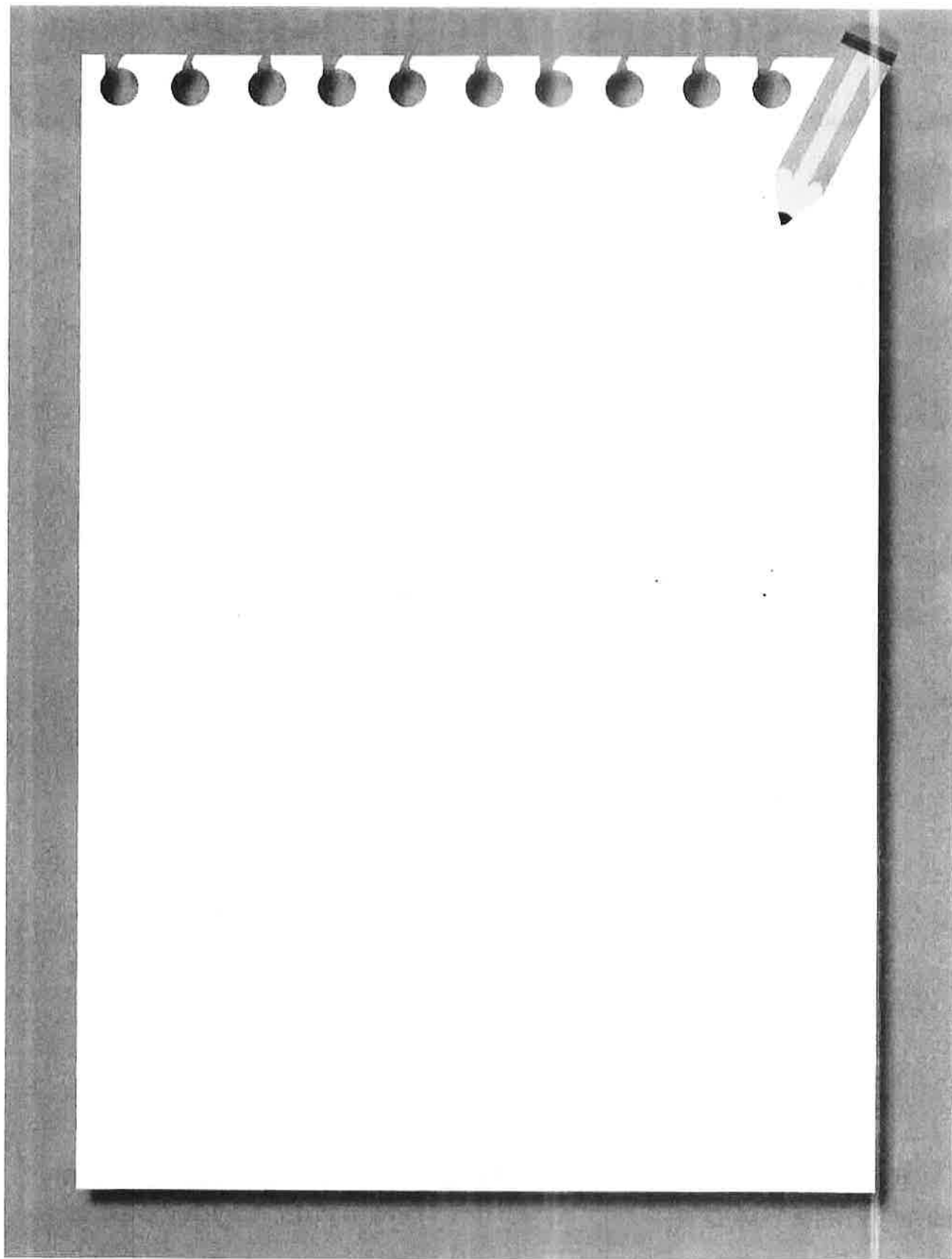
No one can take these coping skills away from you.  
These skills belong to you!

Keep using your  
**Feeling, Thinking, Doing, and Talking Coping Skills!**

And remember ...



Draw a picture of you feeling good about you.



# PUTTING THE COPING SKILLS TOGETHER

Now that you have practiced with each separate kind of coping skill, try using your



**Feeling,  
Thinking,  
Doing  
and  
Talking Coping Skills**  
together.

**Remember these questions:**

*Can I begin to cope with my problem by being honest with myself and others about how I am really feeling?*

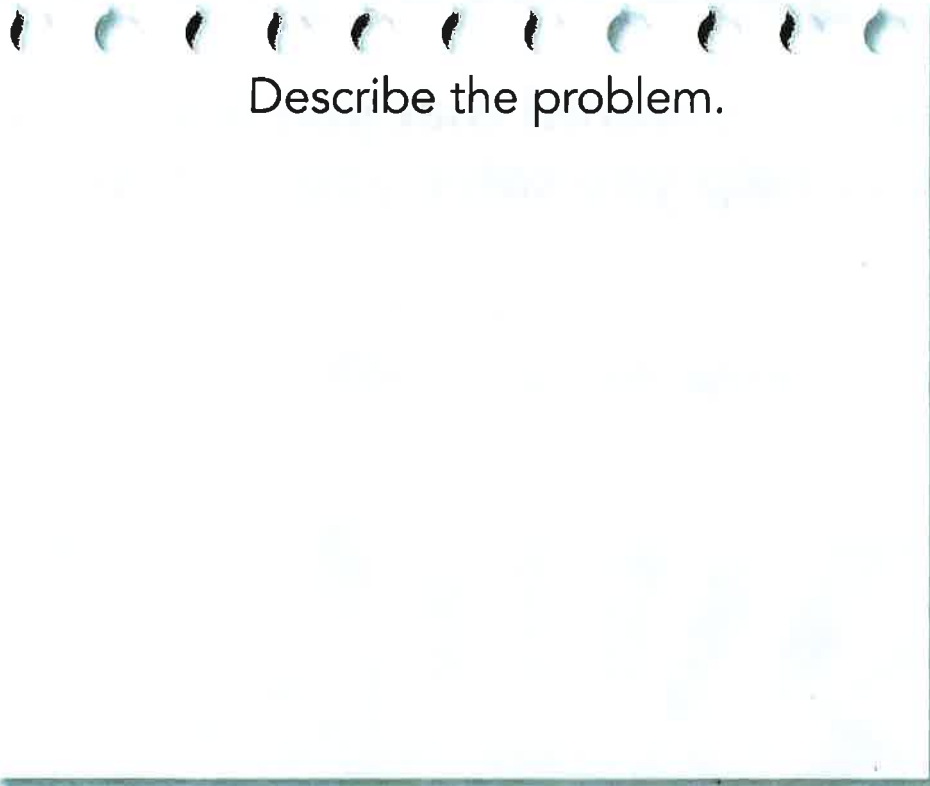
*Can I cope with my problem by changing how I am thinking about myself or the problem?*

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

*Can I cope with my problem by changing how I am talking so that others better understand me and my problem?*

Using the **Feeling, Doing, Thinking,** and **Talking Coping Skills** together can help you find more than one solution to your problem.

**Use all four kinds of coping skills on a problem.**



Describe the problem.

Find the answers to the questions.

***Can I begin to cope with my problem by being honest with myself and others about how I am really feeling?***

***What are my real feelings about this problem?***

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

***What are my new ways of thinking about myself and this problem?***

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

***What are my best action choices with the best consequences?***

***Can I cope with my problem by changing how I am talking so that others better understand me and my problem?***

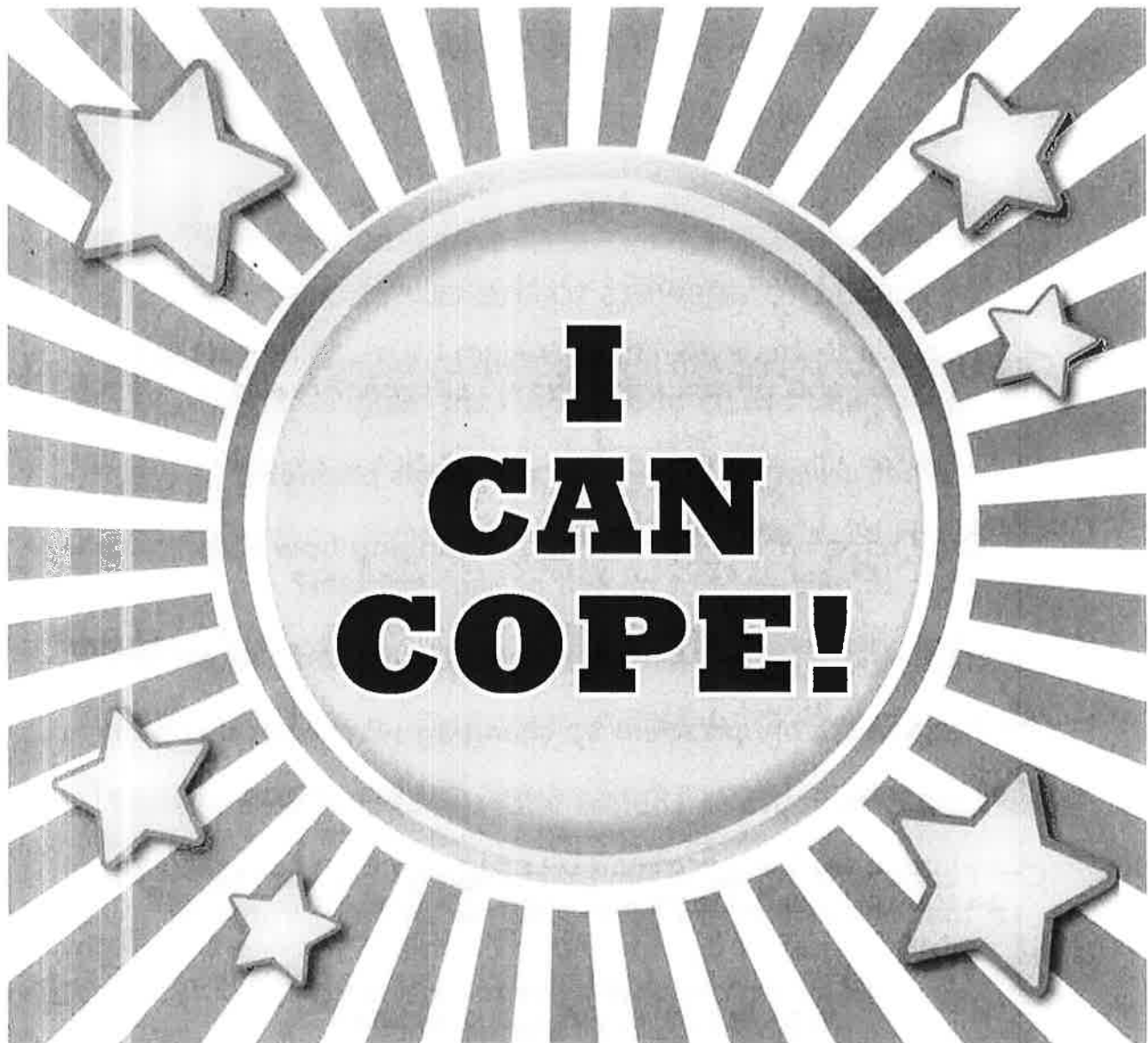
***What are the best ways for me to talk with others about this problem?"***



# Feel good about yourself!

You have discovered that you have coping skills to help you solve your problems!

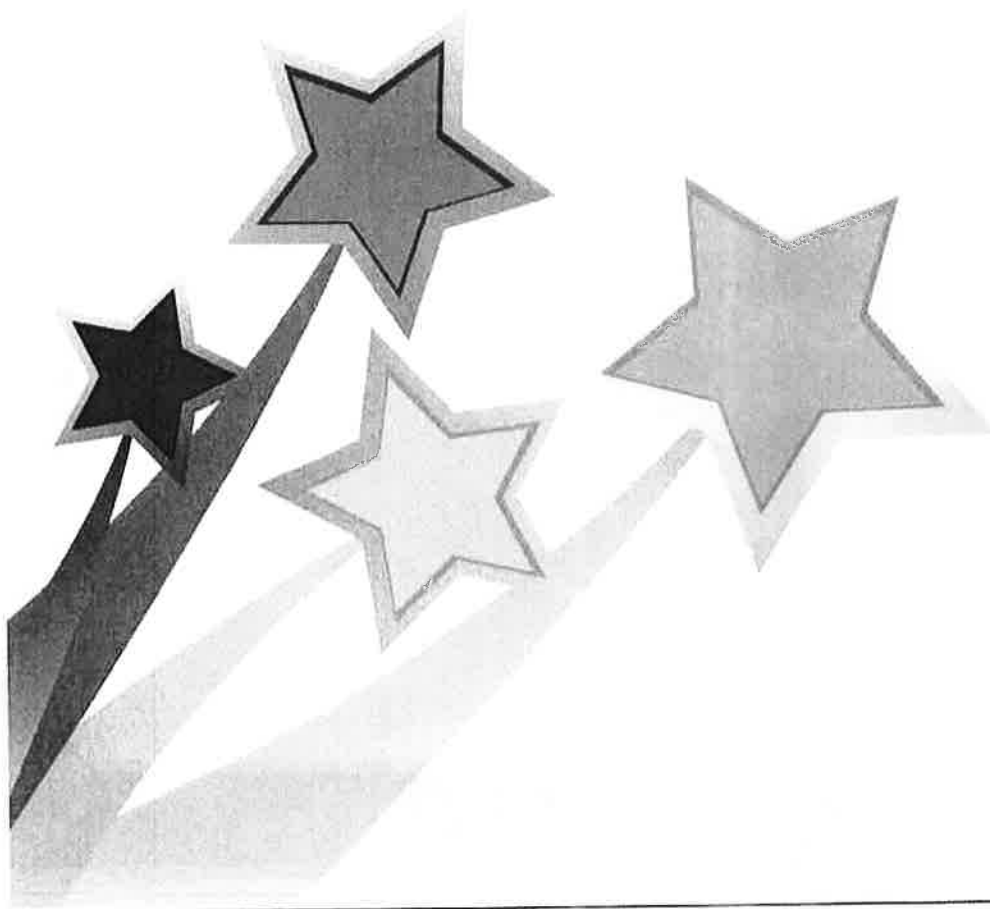
Keep using your  
**Feeling, Thinking, Doing, and Talking Coping Skills!**  
And, remember ...



On the following pages,  
write your lists of  
**Feeling, Thinking, Doing,**  
and  
**Talking Coping Skills.**

Keep these lists.

Add to them as you discover more coping skills that help you solve your problems and help you feel good about yourself!



# MY FEELING COPING SKILLS



# MY THINKING COPING SKILLS

A large, blank white rectangular area representing a spiral-bound notebook. The top edge features a series of ten black circles representing the spiral binding. In the top right corner, a pencil is drawn diagonally, pointing downwards. In the bottom left corner, there are four stars of varying sizes and shades of gray, appearing to be floating or rising upwards. The entire notebook area is set against a solid black background.

# MY DOING COPING SKILLS

A large, blank white page designed to look like a spiral-bound notebook. The page is framed by a thick black border. At the top, there are ten black circles representing a spiral binding. In the top right corner, a pencil is drawn pointing downwards. In the bottom left corner, there are four stars of varying sizes and orientations, some overlapping, with long, light-colored shadows trailing behind them as if they are shooting upwards.

# MY TALKING COPING SKILLS

A spiral-bound notebook with a white page. The notebook has a black cover and a silver spiral binding on the left side. A blue pencil is positioned in the top right corner of the page. In the bottom left corner, there are several blue stars of various sizes, some with long, light blue trails behind them, suggesting shooting stars or a constellation. The page is otherwise blank.

# Finding Helpful Coping Skills

Describe the problem:



## Find the answers to the questions:

Can I begin to cope with my problem by being honest with myself and others about how I am really feeling?

What are my real feelings about this problem?

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

What are my new ways of thinking about myself and this problem?

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

What are my best action choices with the best consequences?

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

What are the best ways for me to talk about this problem?



