

## Coping Skills

1. How do you respond when you don't get what you want? Would you like to learn to respond differently?
2. How do you usually deal with pain?
3. What should you remember when things get tough?
4. What are the kindest things you can do for yourself when you are hurting?
5. What words do you need to hear when you are having a hard time?
6. What are some songs that help you feel better when you are having a hard time? Why do they help you feel better?
7. Why do you deserve to be happy?
8. What are things that help you feel better when you are having a hard time?
9. What does journaling regularly feel like?
10. What kind of things can you do to distract yourself when you are struggling?

