

What Are Positive and Negative Coping Skills?

Read the following statements and decide whether you think they are positive ways of coping with a difficult situation or not. Cut out and stick each statement into one of the columns.

Ignore what is happening

Use offensive language

Hurt yourself

Punch a hole in a door

Walk away

Count to five before you act

Talk to someone you trust

Think about what the consequences will be

Hurt someone

Take time to breathe deeply and slowly

Push someone

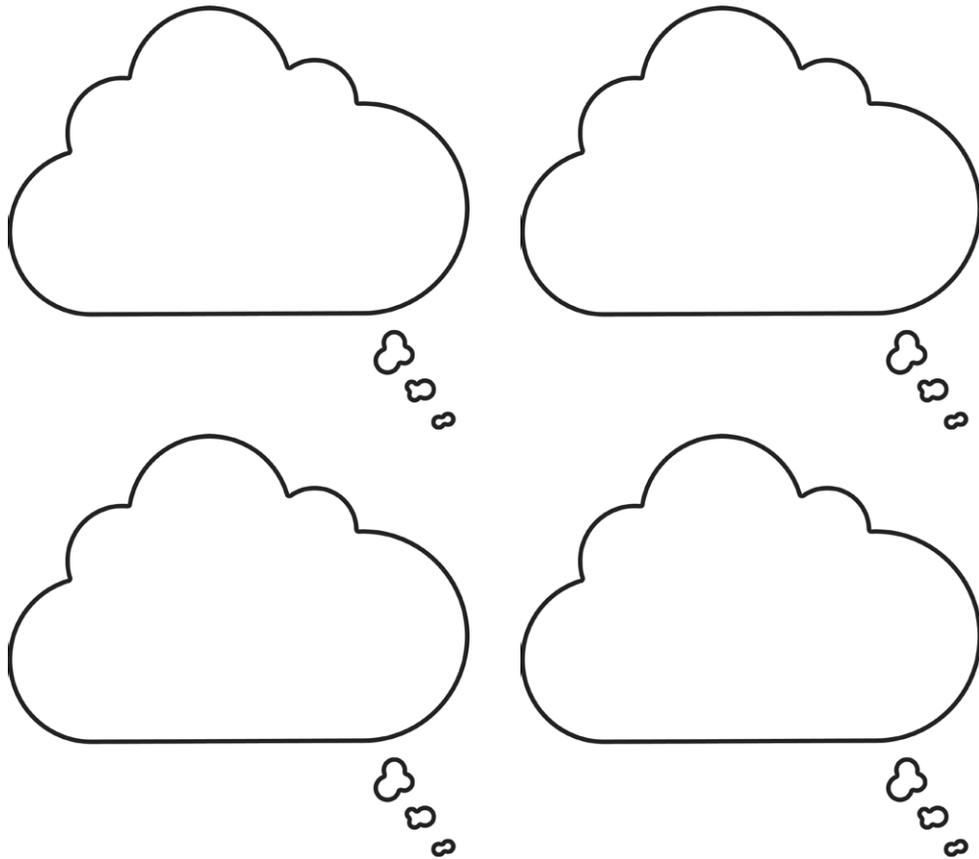
Positive Coping Skills

Negative Coping Skills

What Are Positive and Negative Coping Skills?

Think of your own ideas for positive coping skills and negative coping skills and add them to the thought bubbles.

Positive Coping Skills Ideas



Negative Coping Skills Ideas

