Name :	Date:

COPING SKILLS

3 coping skills I'm going to try this year :
3 challenges I might face this year :
Coping skills I would like to use more :
Coping skills I would like to use more :
Coping skills I would like to use more :
Coping skills I would like to use more :
Coping skills I would like to use more : Coping skills I would like to use more : Coping skills that are unhealthy :