

Name _____

Positive and Negative Coping Skills



Following is a list of what would be considered "positive" responses to stress and anger. Check off the appropriate column for each of these. If there are other positive coping skills you use, please write them at the bottom of the list.

<u>Response</u>	<u>NEVER</u>	<u>SOMETIMES</u>	<u>OFTEN</u>
Meditate	_____	_____	_____
Stretch	_____	_____	_____
Engage in progressive muscle relaxation	_____	_____	_____
Listen to music	_____	_____	_____
Exercise/Play sports	_____	_____	_____
Watch television	_____	_____	_____
Imagine a peaceful place	_____	_____	_____
Go to the movies	_____	_____	_____
Read a book or magazine	_____	_____	_____
Work on puzzles or play games	_____	_____	_____
Go for a walk	_____	_____	_____
Talk to a friend or loved one about your issue	_____	_____	_____
Relax in a bath or take a shower	_____	_____	_____
Spend time alone	_____	_____	_____
Clean your room or parts of your home	_____	_____	_____
Make crafts or draw	_____	_____	_____
Write in a journal or diary	_____	_____	_____
Hang out with friends	_____	_____	_____
Sit outside and relax	_____	_____	_____
Engage in a hobby	_____	_____	_____
Take deep breaths	_____	_____	_____
Talk to yourself using positive statements	_____	_____	_____
Pray	_____	_____	_____
Cry	_____	_____	_____
_____	_____	_____	_____

