

MY COPING TOOLBOX

Draw My Feelings



Draw how you are feeling today in the box below:

Was this coping tool helpful?

- 1  Very helpful for me
- 2 
- 3 
- 4 
- 5  A little helpful for me
- 6 
- 7 
- 8 
- 9 
- 10  Not helpful for me

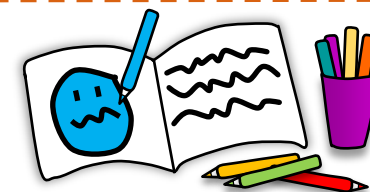
Will I use this tool again?

Yes

No

Why?

If you said **yes**,
tear out the square,
& add it to your toolbox!



Draw my feelings on a piece of paper