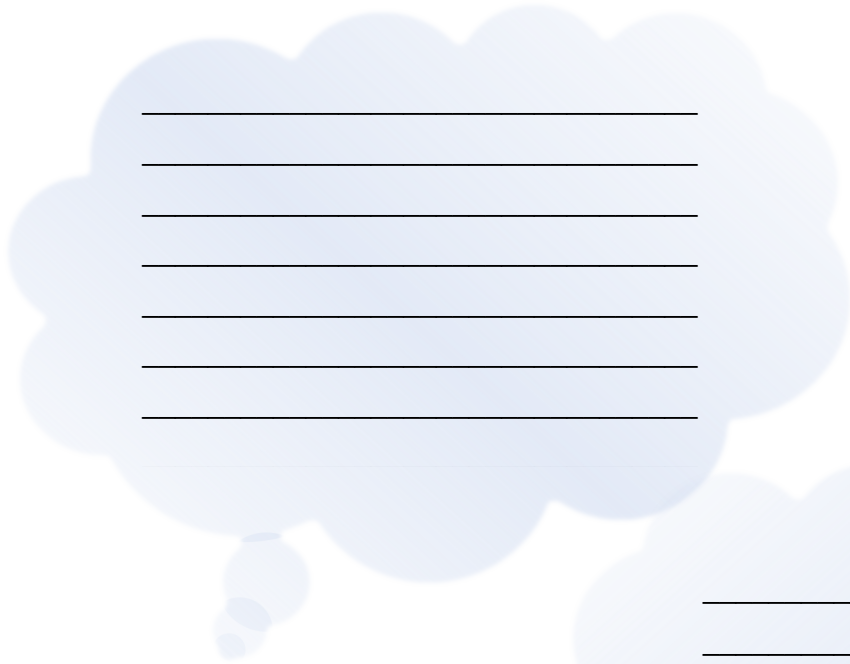


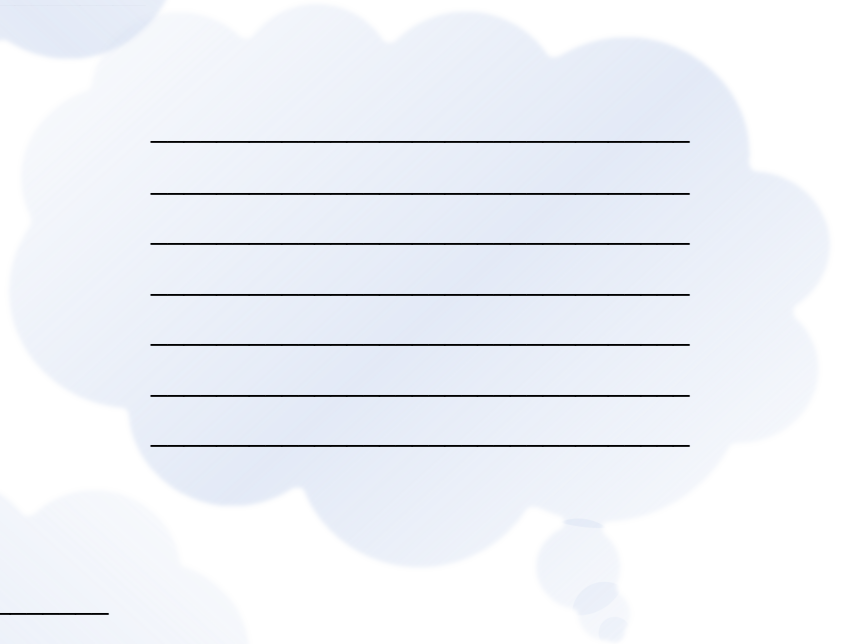
FEELING SAD

Name: _____

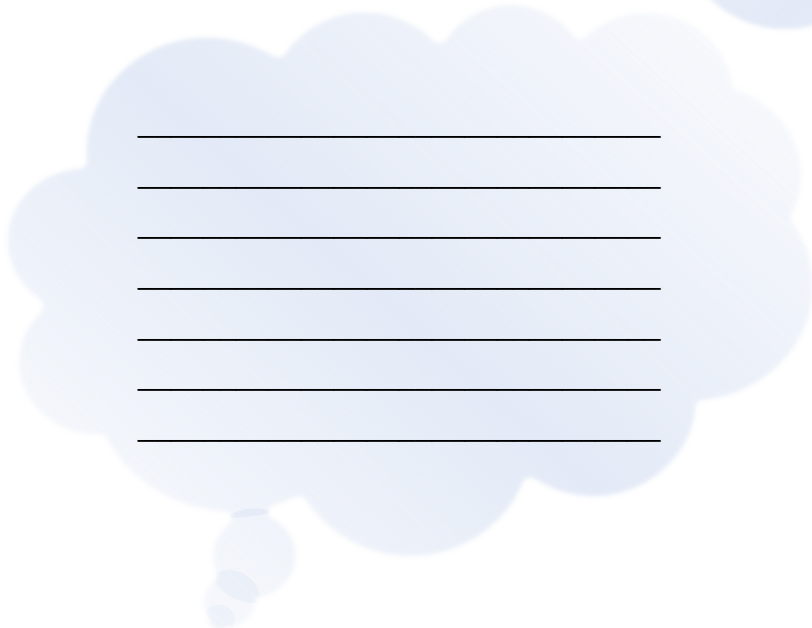
When I feel SAD, these thoughts go through my head:



A light blue thought bubble with a scalloped edge and a small tail at the bottom. Inside the bubble are eight horizontal black lines for writing.



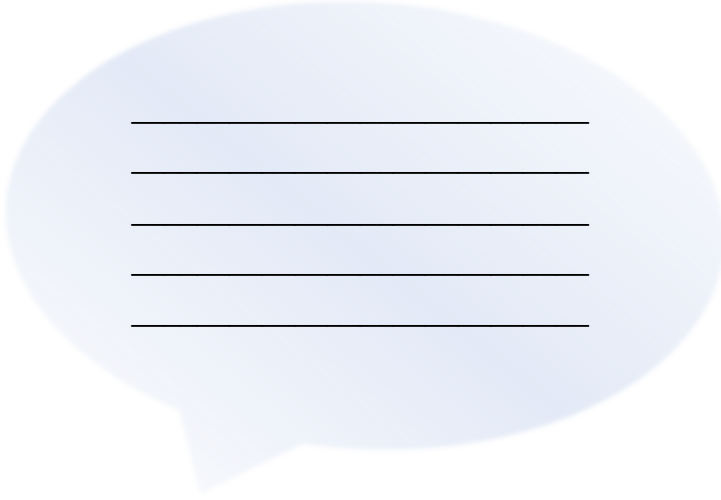
A light blue thought bubble with a scalloped edge and a small tail at the bottom. Inside the bubble are eight horizontal black lines for writing.



A light blue thought bubble with a scalloped edge and a small tail at the bottom. Inside the bubble are eight horizontal black lines for writing.

Name: _____

When I feel SAD, I say these things to myself:





While I feel SAD, this is what I do:

Does this coping strategy make it worse, or better? How do you know?

Would you consider this a healthy coping strategy?

PEOPLE CAN GET UPSET IN THEIR BODIES

Name: _____

Place an X on the places that felt bad or different the last time you felt
SAD.

