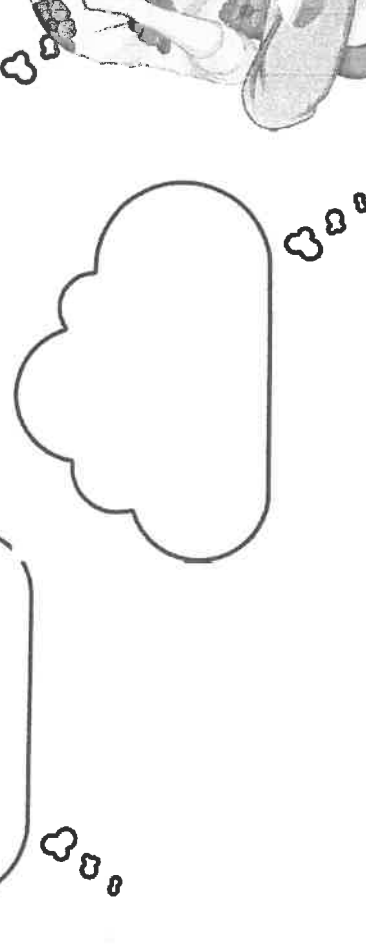
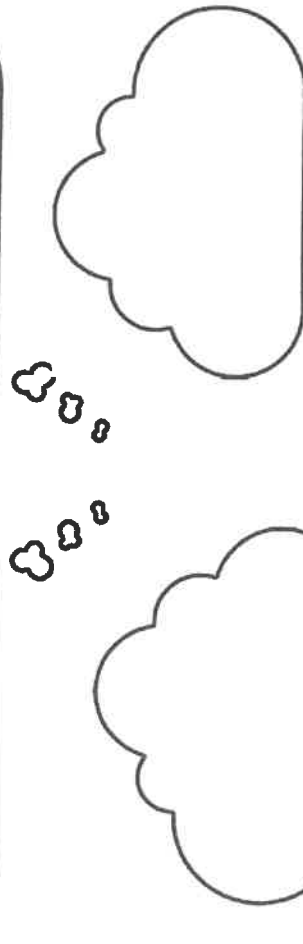
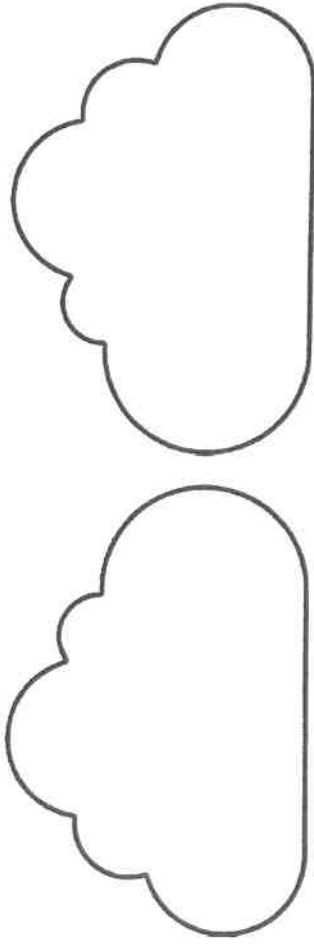


# What Are Positive and Negative Coping Skills?

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

