

COPING SKILLS LOG

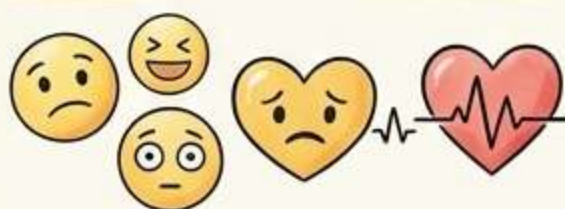
for Teens

Keep it simple. Just a few honest lines help.

WHAT HAPPENED?



HOW DID I FEEL?



WHAT DID I TRY?



DID IT HELP?



