

Name: _____

Coping Mechanisms

R H T I J H J Y U R W A D D I C T I O N K W Y F
U L R I A N H P W J R O M R X U R D O N G L M D
N F X V G O Z G L E J A E S L H R F T N M J W Z
N G C S N S T I O G N I T N I A P N K R Z L A A
I X F R I S Z D E C O P I N G X D N U I Y O Q P
N X J E R R I R A W P P S F J O U R N A L I N G
G V H G O E U X D N E J Y R G N A Q T R S B Y S
U W U G L E P E H W C X G M Z S V M P I U K L X
L B V I O P K K K T P I B T T Y H X J G Y I I E
F J S R C S W O E G A Y N R F I G H T I N G M L
B J H T S Z E A P L H L O G P T P S C M Y H A N
A U E O W S I R A K I P K U Z O Z R D V F Y F V
L A F N H N P A Y W S N P I J F W H N N H N F M
D D W G E W M K K Z Q W M L N O N F O H H T C R
V R M J W C K O W Z O O T R G G R I X W K X C R
Q Y U G N I L E S N U O C A Z T T Y E J L D B X
P J K G U G N I W A R D B H C A R R N O R P M M
M H L O S H B K C L L C Q E T O T O N H L R D J
U W M U T Y Z L B Q U M E I M G N I K I H R E W
L N M T W A L K I N G H D G N I U G R A B G M D
G S J I R F U V W N D E Y A N M V S C I Q I B X
H A I N O V O A C Y M E K V Z E T B E C G A W B
M P V G T H E R A P Y O B Y X C T C G J V R C Q
O L L U O O R R E Y Z V W S N U M Y B T G X Q G

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|------------|------------|------------|-----------|----------|
| meditation | journaling | counseling | addiction | triggers |
| fighting | painting | coloring | arguing | dancing |
| karaoke | therapy | running | drawing | walking |
| talking | sports | family | outing | hiking |
| coping | peers | drugs | angry | |