

Name: _____

Date: _____

Coping Skills

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

Relaxation

Selfbreak

Exercise

Dancing

Copekit

Talking

Journal

Drawing

Reading

Prayer

Games

Music