

My Emergency Coping Plan for Dealing with Situations

When I'm Upset and Dealing with Other People

First, I'll _____

Next, I'll _____

Then, I'll _____

Finally, I'll _____

My Emergency Coping Plan for Dealing with Situations

When I'm Upset and Alone

First, I'll _____

Next, I'll _____

Then, I'll _____

Finally, I'll _____
