

ANGRY'S WORKSHEET

Coping Carry-on

HI! I'M ANGRY!

Being me is no easy task, so I have a carry-on bag of all the things I need to help me feel less angry. My mom Bitter calls them my "coping skills."



WANNA SEE WHAT I BROUGHT?

Crayons and paper, so I can draw how I feel instead of acting it out.

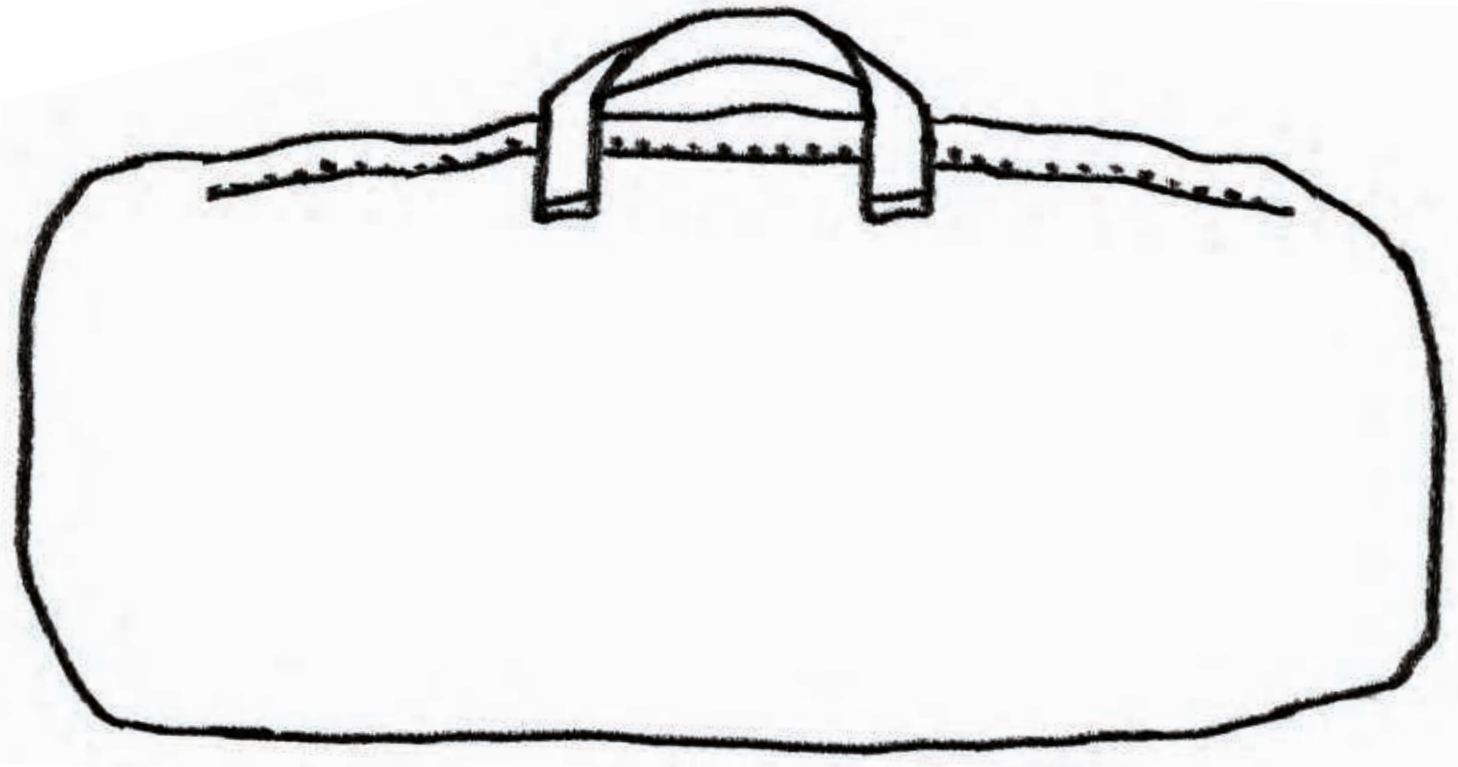
My **fidget spinner**, for when I'm starting to think negative thoughts.

My **plush doll**, so I can squeeze her when I'm feeling upset.

My **headphones**, so I can listen to my favorite music that makes me feel better.

WHAT WOULD BE IN YOUR CARRY-ON BAG?

Draw or write below, coping strategies you use to feel less angry. Use the back of this page if you'd like to draw your own carry-on.



Depression and Bipolar Support Alliance

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