

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Coping Skills

# My Behavior

Think about what happened. Be honest in your answers. This will help you understand your behavior and learn to make better choices.

What did I do?

Why did I do it?

- ☐ I was mad
- ☐ I was bored
- ☐ I wanted attention
- ☐ I didn't think
- ☐ Other: \_\_\_\_\_

How did it make others feel?

How did it make me feel?

What can I do better next time?

I will try to:

- ☐ Use kind words
- ☐ Take deep breaths
- ☐ Ask for help
- ☐ Walk away
- ☐ Follow the rules

Draw a picture of you  
making a good choice: