My Coping Skills Toolbox

Step 1: Pregame
Step 2: Become Aware
Step 3: STOP!
Step 4: Don't Make Things Worse
Step 5: Calm
Step 6: Choose
Step 7: Vent
Step 8: Mind Move
Step 9: Accept
Step 10: Maintain and Strengthen
Add Coping Skills from Psychology
Add Coping Skills from Religion
Add People Skills

Keep going on the other side...



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