

# CONTROL-CHANGE-COPE



Identify the **Problem**:

---

---

---

---

---

---

---

**DO I HAVE CONTROL??**

YES

NO

A **CHANGE** I can make:

---

---

---

---

---

---

---

Positive **Coping Skills** I can use:

---

---

---

---

---

What I can do if I need help?? Who can I talk to??

---

---

---

---

---

Adapted from Sitsch G. & Senn, D. (2007) Puzzle Pieces. Chapin, SC: Youthlight

# CONTROL-CHANGE-COPE



Identify the **Problem**:

---

---

---

---

---

---

---

**DO I HAVE CONTROL??**

YES

NO

A **CHANGE** I can make:

---

---

---

---

---

---

---

Positive **Coping Skills** I can use:

---

---

---

---

---

What I can do if I need help?? Who can I talk to??

---

---

---

---

---

Adapted from Sitsch G. & Senn, D. (2007) Puzzle Pieces. Chapin, SC: Youthlight



# Positive Coping Skills



- Humor
- Exercise
- Music
- Exercising self-control
- Seek social support
- Meditation
- Movies
- Observing others
- Support systems
- Positive self-talk
- Favorite or funny TV shows
- Distraction
- Patience
- Ask for advice
- Hang out with friends
- Play with a pet
- Talk to a sibling
- Play sports
- Go to the park
- Deep breathing
- Journal writing
- Painting/Arts & Crafts
- Reading
- Ride your bike
- Get enough sleep
- Join a club or activity
- Dancing
- Take on a positive attitude
- Get a hug
- Talk with a trusted adult!



# Positive Coping Skills



- Humor
- Exercise
- Music
- Exercising self-control
- Seek social support
- Meditation
- Movies
- Observing others
- Support systems
- Positive self-talk
- Favorite or funny TV shows
- Distraction
- Patience
- Ask for advice
- Hang out with friends
- Play with a pet
- Talk to a sibling
- Play sports
- Go to the park
- Deep breathing
- Journal writing
- Painting/Arts & Crafts
- Reading
- Ride your bike
- Get enough sleep
- Join a club or activity
- Dancing
- Take on a positive attitude
- Get a hug
- Talk with a trusted adult!