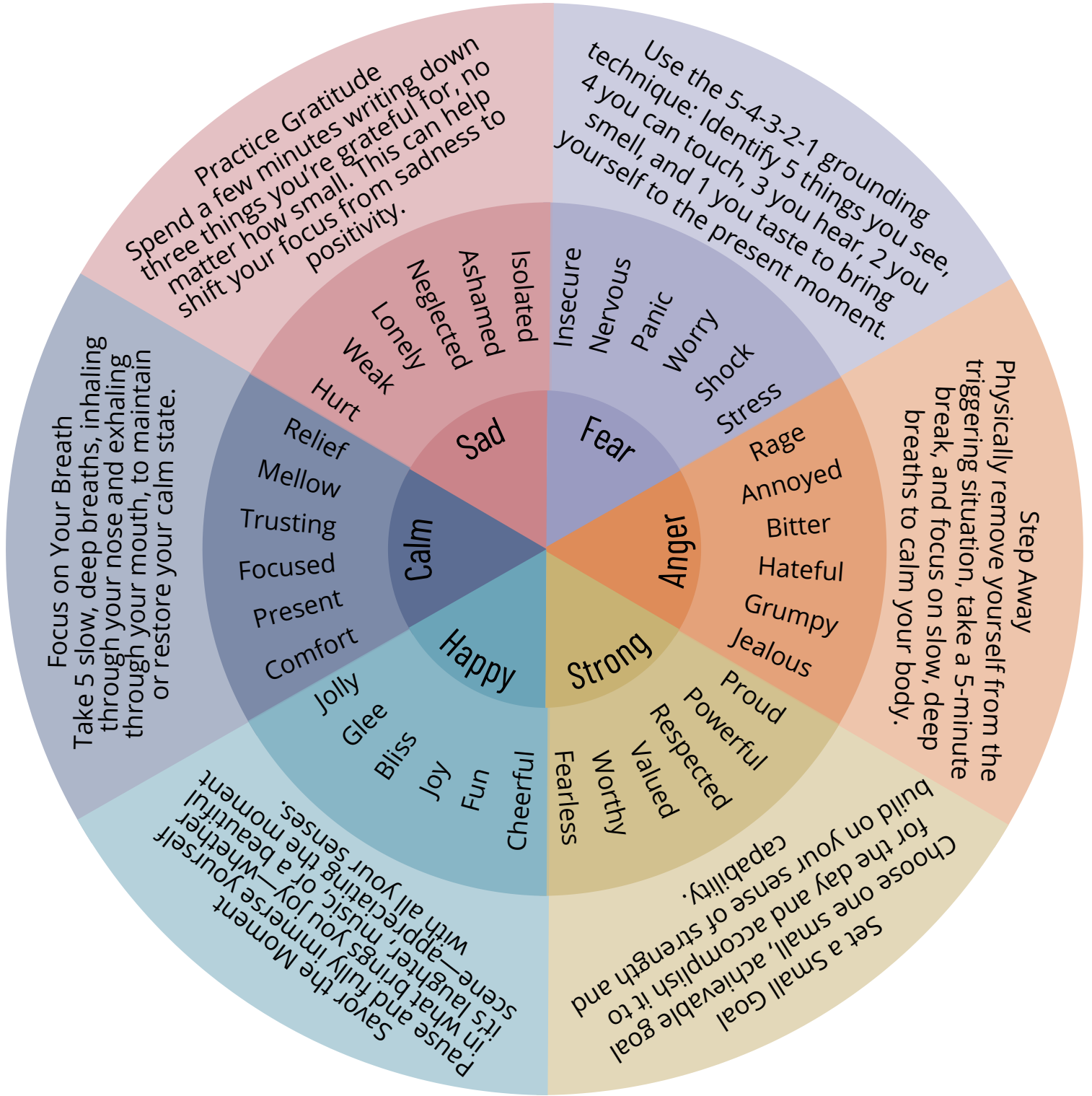


Coping Wheel



Instructions for the General Emotions Coping Wheel

1. Identify the broad emotion category you're feeling (e.g., anger, fear).
2. Choose the coping strategy listed for that category.
3. Practice the strategy to address your overall emotional state.