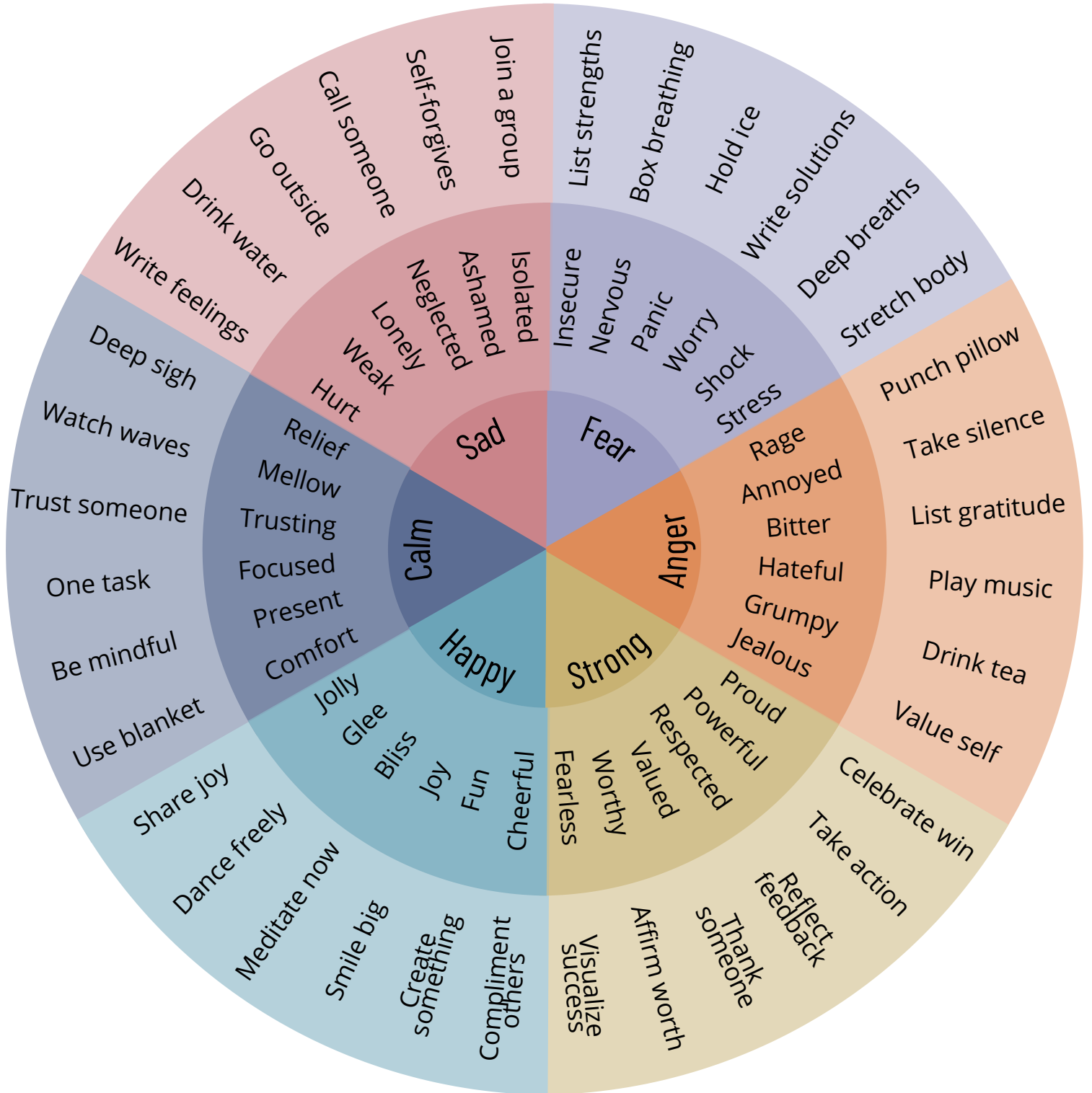


Coping Wheel



Instructions for the Targeted Strategies Coping Wheel

1. Identify your specific emotion (e.g., insecure, grumpy).
2. Look at the corresponding coping strategy for that emotion.
3. Apply the strategy immediately to help manage your feelings.