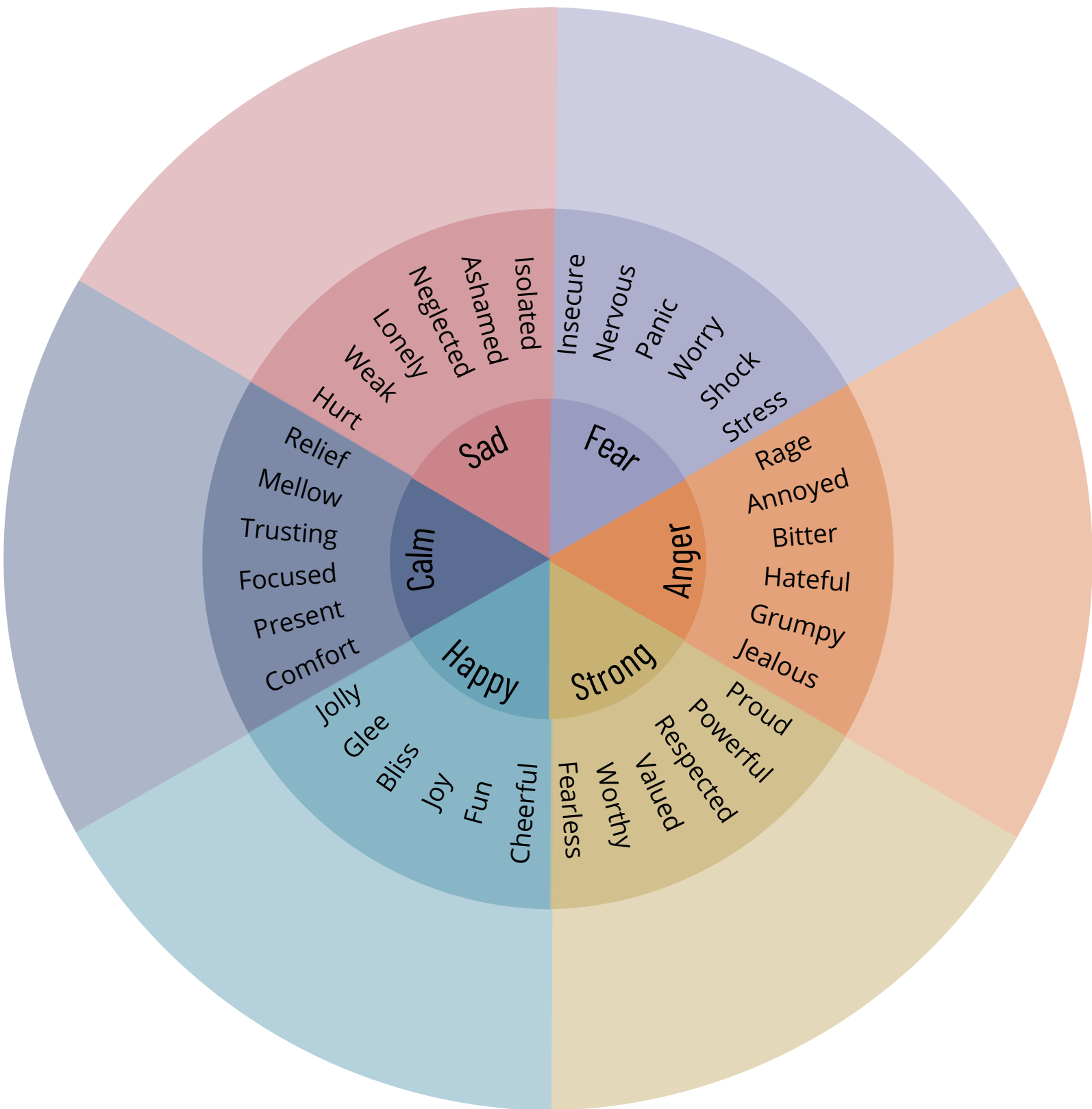


Coping Wheel



Fill-in-the-Coping Strategy Coping Wheel

Instructions:

1. Identify the emotions listed on the wheel.
2. Add your own coping strategies next to each emotion.
3. Use the completed wheel as a personalized resource for emotional support.