



I.D. your Feelings

Today I Feel:

What is causing me to feel this way?

{ Ways I can cope with this feeling }

Need ideas for coping skills? <http://www.yourlifeyourvoice.org/Pages/tip-99-copeing-skills.aspx>

If this feeling gets too intense I will talk to: _____

If you don't know who to talk to, you can always call or text us. 1-800-472-3345



www.Safe2HelpIL.com

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