



Self Reflection Activity: How do you deal with your negative emotions?

What do you typically do when you are feeling sad, angry, or alone?

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What strategies of coping can you rather use to deal with your feelings of sadness?

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Do you talk to someone when you are feeling alone and unheard? Check yes or no. If no, explain why.

yes

no

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Lastly, reflect on what makes you happy & what you are grateful for in your life.

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