

Unhealthy Way of Coping/Managing My Feelings Log 25

[Social-Emotional Skills Projects Module](#)

What unhealthy way of coping/managing my feelings will I avoid?

Date	<u>Situation</u> Describe the Situation and My Feelings & Why I Felt This Way	<u>How Did I Cope?</u> What Did I Do To Avoid This Unhealthy Way of Coping/Managing Feelings?	<u>What Happened?</u> What Happened As a Result? How Did I Feel About Myself and the Situation?	<u>How Can I Be More Successful?</u> What, If Anything, Could I Have Done Differently to Have Coped/Managed My Feelings More Effectively?

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