

Dealing with Feelings

Something in school that is difficult to deal with:

How this makes me feel:

What I do when I feel this way in school:

How others respond when I do this:

Something different I can do to deal with this next time:

In the next week, I will _____ (new behavior) instead of _____
(current behavior) when I feel _____.

To be filled out in 1 week

The situations in which I tried the new behavior:

How I felt after the new behavior:

How others responded: