

Create My Own Schedule for the day:

7:00am

8:00am

9:00am

10:00am

11:00am

12:00pm

1:00pm

2:00pm

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7:00pm

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11:00pm

12:00am

How are you feeling?



Happy



Joyful



Content



Silly



Sad



Angry



Scared



Worried



Confused



Surprised



Hurt



Embarrassed

99 Coping Skills

1. Exercise (running, walking, etc.).
2. Put on fake tattoos.
3. Write (poetry, stories, journal).
4. Scribble/doodle on paper.
5. Be with other people.
6. Watch a favorite TV show.
7. Post on web boards, and answer others' posts.
8. Go see a movie.
9. Do a wordsearch or crossword .
10. Do schoolwork.
11. Play a musical instrument.
12. Paint your nails, do your make-up or hair.
13. Sing.
14. Study the sky.
15. Punch a punching bag.
16. Cover yourself with Band-Aids where you want to cut.
17. Let yourself cry.
18. Take a nap (only if you are tired).
19. Take a hot shower or relaxing bath.
20. Play with a pet.
21. Go shopping.
22. Clean something.
23. Knit or sew.
24. Read a good book.
25. Listen to music.
26. Try some aromatherapy (candle, lotion, room spray).
27. Meditate.
28. Go somewhere very public.
29. Bake cookies.
30. Alphabetize your CDs/DVDs/books.
31. Paint or draw.
32. Rip paper into itty-bitty pieces
33. Shoot hoops, kick a ball.
34. Write a letter or send an email.
35. Plan your dream room (colors/ furniture).
36. Hug a pillow or stuffed animal.
37. Hyperfocus on something like a rock, hand, etc.
38. Dance.
39. Make hot chocolate, milkshake or smoothie.
40. Play with modeling clay or Play-Dough.
41. Build a pillow fort.
42. Go for a nice, long drive.
43. Complete something you've been putting off.
44. Draw on yourself with a marker.
45. Take up a new hobby.
46. Look up recipes, cook a meal.
47. Look at pretty things, like flowers or art.
48. Create or build something.
49. Pray.
50. Make a list of blessings in your life.
51. Read the Bible.
52. Go to a friend's house.
53. Jump on a trampoline.
54. Watch an old, happy movie.
55. Contact a hotline/ your therapist.
56. Talk to someone close to you.
57. Ride a bicycle.
58. Feed the ducks, birds, or squirrels.
59. Color with Crayons.
60. Memorize a poem, play, or song.
61. Stretch.
62. Search for ridiculous things on the internet.
63. "Shop" on-line (without buying anything).
64. Color-coordinate your wardrobe.
65. Watch fish.
66. Make a CD/playlist of your favorite songs.
67. Play the "15 minute game." (Avoid something for 15 minutes, when time is up start again.)
68. Plan your wedding/prom/other event.
69. Plant some seeds.
70. Hunt for your perfect home or car on-line.
71. Try to make as many words out of your full name as possible .
72. Sort through your photographs.
73. Play with a balloon.
74. Give yourself a facial.
75. Find yourself some toys and play.
76. Start collecting something.
77. Play video/computer games.
78. Clean up trash at your local park.
79. Perform a random act of kindness for someone.
80. Text or call an old friend.
81. Write yourself an "I love you because..." letter.
82. Look up new words and use them.
83. Rearrange furniture.
84. Write a letter to someone that you may never send.
85. Smile at least five people.
86. Play with little kids.
87. Go for a walk (with or without a friend).
88. Put a puzzle together.
89. Clean your room /closet.
90. Try to do handstands, cartwheels, or backbends.
91. Yoga.
92. Teach your pet a new trick.
93. Learn a new language.
94. Move EVERYTHING in your room to a new spot.
95. Get together with friends and play Frisbee, soccer or basketball.
96. Hug a friend or family member.
97. Search on-line for new songs/ artists.
98. Make a list of goals for the week/ month/year/5 years.
99. Face paint.

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DEAR MAN

Apply this to each situation where you could have used assertive communication instead of physical and/or verbal aggression.

Describe the event – list the facts:

Express your feelings – say why you want what you want:

Assert – say exactly what you want:

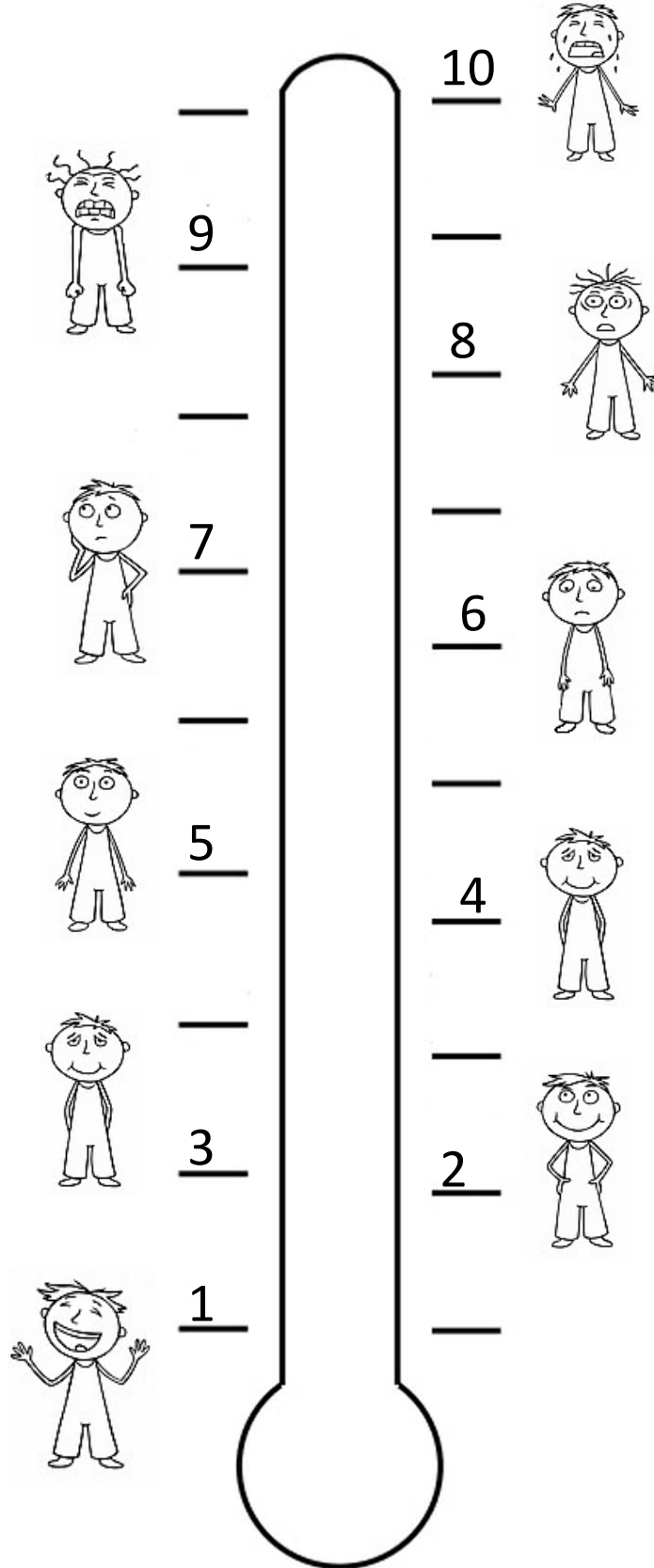
Reinforce – write down what the other person will get:

Mindful – Be focused, don't be distracted by less meaningful details or arguments

Appear Confident – Use a nice tone of voice, look people in the eye, speak clearly

Negotiate – discuss options, be open to suggestions and ideas, be willing to give and get:

How Are You Feeling Today?



JOY



JOYFUL
INTERESTED
PLAYFUL
CONFIDENT
LOVING
SENSITIVE
COURAGEOUS
HOPEFUL

SADNESS



SAD
BORED
SLEEPY
UNHAPPY
IGNORED
GUILTY
LONELY
ALONE

SURPRISED



STARTLED
CONFUSED
AMAZED
EXCITED
SHOCKED
ASTONISHED
EAGER
DISMAYED

MAD
JEALOUS
EMBARRASSED
FURIOUS
IRRITATED
WITHDRAWN
FRUSTRATED
SKEPTICAL



ANGER

DISGUST



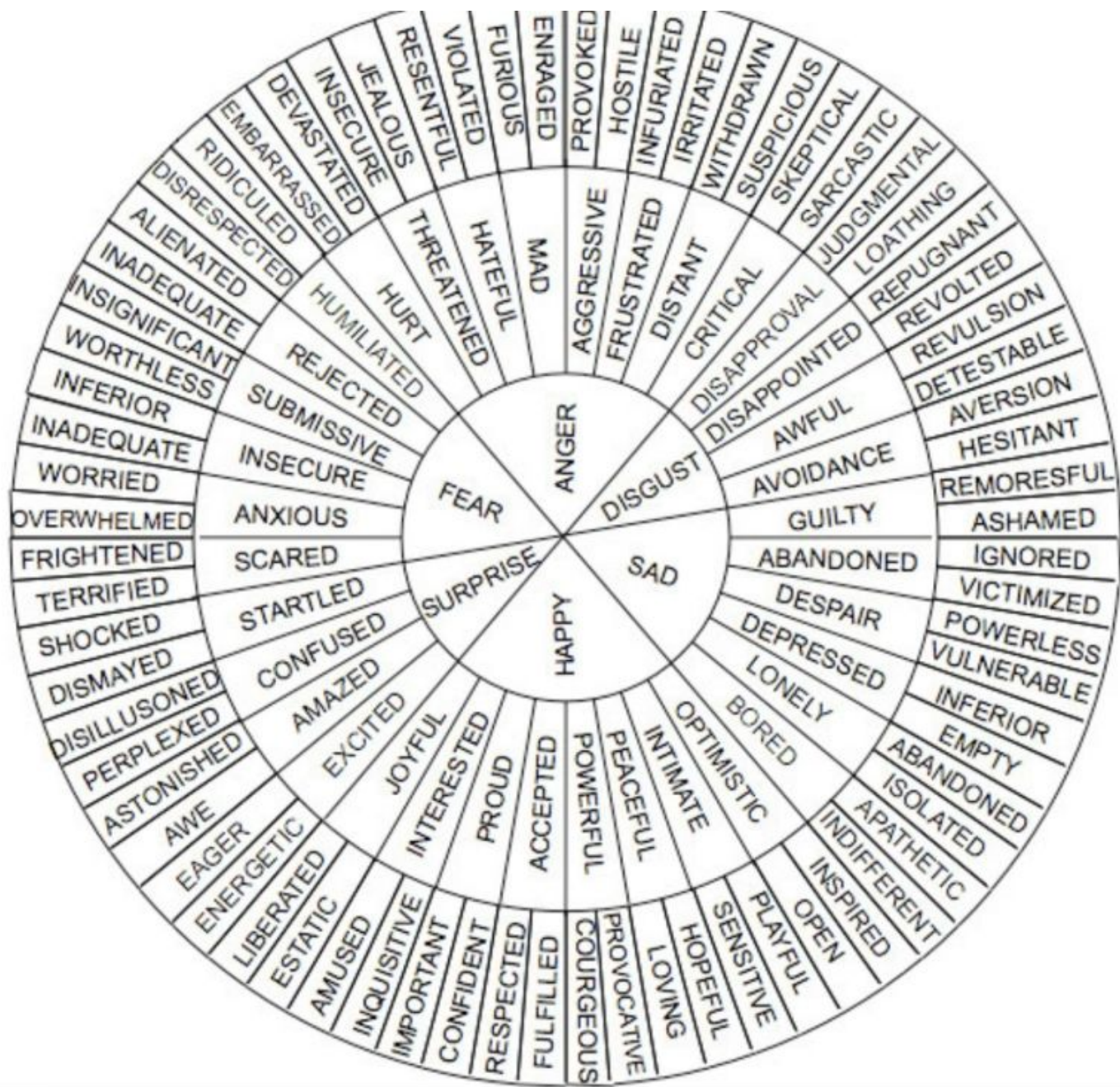
AWFUL
DISAPPOINTED
HESITANT
REVOLTED
LOATHING
JUDGEMENTAL

FEAR



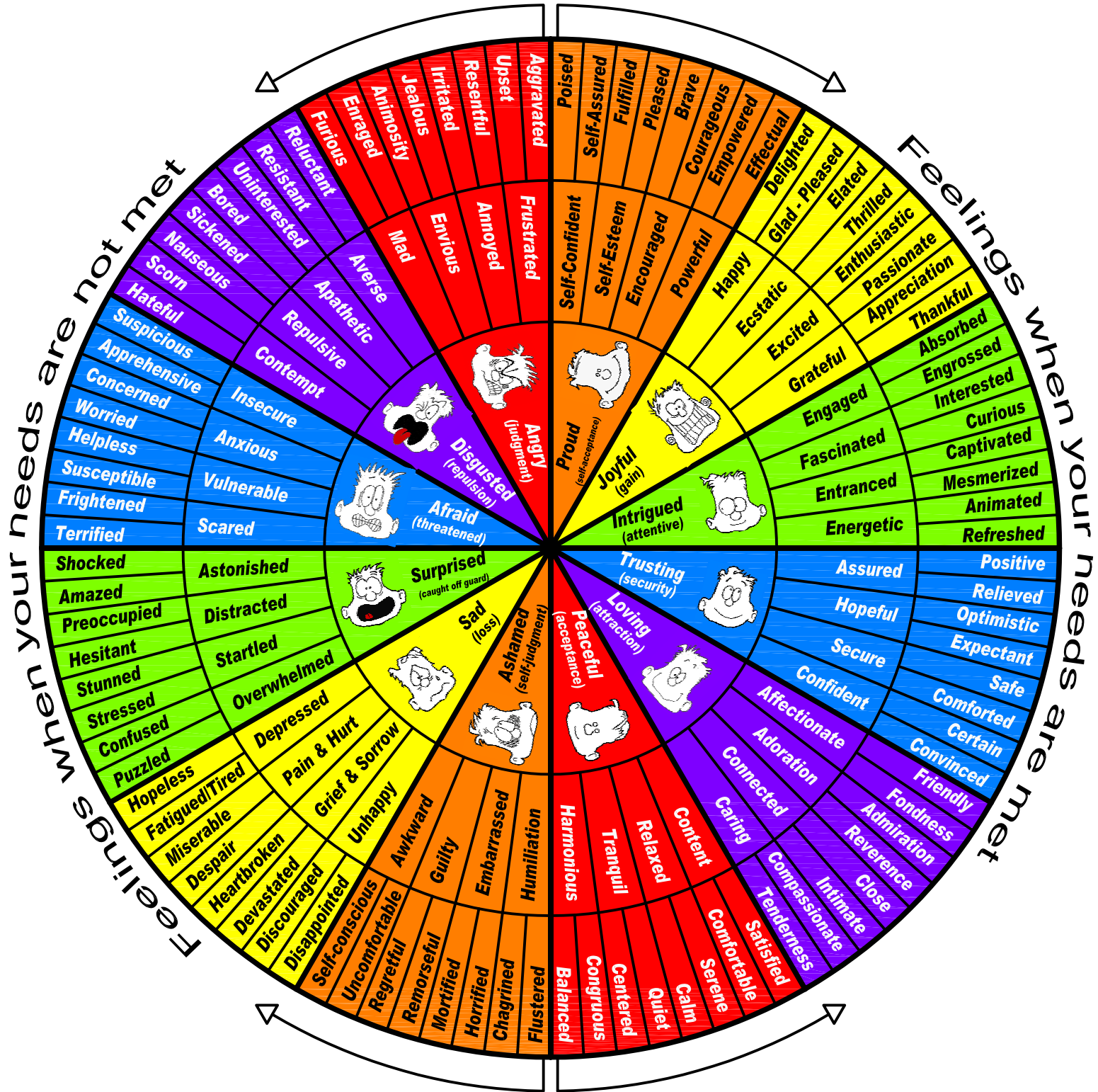
HUMILIATED
REJECTED
WORTHLESS
INSECURE
ANXIOUS
SCARED

HOW ARE YOU FEELING TODAY?



Via lifehacker.com

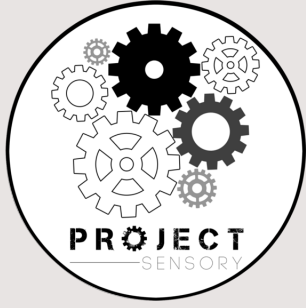
Feelings Wheel



Based on Nonviolent Communication by Marshall Rosenberg, Ph.D. May be duplicated for personal use and for teaching Nonviolent Communication. Graphics and organization of feelings and needs wheels by Bret Stein. artisanf@hotmail.com Revised 1/1/11

Feelings are internal emotions. Words mistaken for emotions, but that are actually thoughts in the form of evaluations and judgments of others, are any words that follow "I feel like ..." or "I feel that ..." or "I feel as if ..." or "I feel you ...", such as:

- | | | | | | | |
|---------------|------------|-------------|---------------|-----------|----------|-------------|
| Abandoned | Attacked | Abused | Betrayed | Blamed | Bullied | Cheated |
| Coerced | Criticized | Dismissed | Disrespected | Excluded | Ignored | Intimidated |
| Insulted | Let Down | Manipulated | Misunderstood | Neglected | Put down | Rejected |
| Unappreciated | Unloved | Unheard | Unwanted | Used | Violated | Wronged |



CHORES

Heavy Work to Calm & Focus

HOME

Switch Loads of Laundry

Wipe the Counters

Carry Groceries Inside

Load the Dishwasher

Clean the Baseboards

Wash the Windows

Vacuum the Carpets

Mop (with a Ringer Mop)

Sweep with a Dust Mop

Take Out the Garbage

SCHOOL

Clean Dry Erase Boards

Carry Copies/ Books

Push in all the Chairs

Water the Plants

Return Library Books

Carry Recess Gear

Sharpen Pencils

Sweep the Floors

Empty Wastebaskets

Staple on Bulletin Board

OUTSIDE

Rake the Leaves

Weed the Garden

Push Garbage to Curb

Stack the Lawn Chairs

Push a Wheelbarrow

Move Rocks with a Truck

Plant Flowers in Pots

Gather Firewood

Carry Bags of Dirt

Wash Outdoor Windows

Anger Iceberg

Icebergs are large pieces of ice found floating in the open ocean. What you can see from the surface can be misleading. Most of the iceberg is hidden below the water.

This is how anger works. Often when we are angry, there are other emotions hidden under the surface.

