

What Are Positive and Negative Coping Skills?

Read the following statements and decide whether you think they are positive ways of coping with a difficult situation or not. Cut out and stick each statement into one of the columns.

Ignore what
is happening

Use offensive
language

Hurt
yourself

Punch a hole
in a door

Walk
away

Count to five
before you act

Talk to someone
you trust

Think about what the
consequences will be

Hurt
someone

Take time to breathe
deeply and slowly

Push
someone

Positive Coping Skills

Negative Coping Skills

What Are Positive and Negative Coping Skills?

Think of your own ideas for positive coping skills and negative coping skills and add them to the thought bubbles.

Positive Coping Skills Ideas



Negative Coping Skills Ideas

