Inner Sojourn

Coping Skills Worksheet

Emotional Awareness	Opposite to Action	Strategy	Distraction	Soothing
Tools to identify and express your feelings.	Doing something the opposite of your impulse that is a more positive emotion	A tool to help regulate feelings or emotions.	Something that takes your mind off of the issue for a while.	Something that comforts you. Try to include touch, sight, sound, taste or smell