

Coping Skills: Your Words

The words we use to think or talk about a situation help to shape the way that we experience it. Using negative words calls up and reinforces negative feelings. Similarly, using positive words can neutralize the impact of a challenging situation and help us to see it in a healthier, more balanced way.

DIRECTIONS: What positive word or phrase can you use to replace the negative words below? For 5 through 10, add your own negative words and replace them.



- 1 disaster *becomes* _____
- 2 catastrophe *becomes* _____
- 3 terrible day *becomes* _____
- 4 problem *becomes* _____
- 5 mess *becomes* _____
6. _____ *becomes* _____
7. _____ *becomes* _____
8. _____ *becomes* _____
9. _____ *becomes* _____
- 10, _____ *becomes* _____