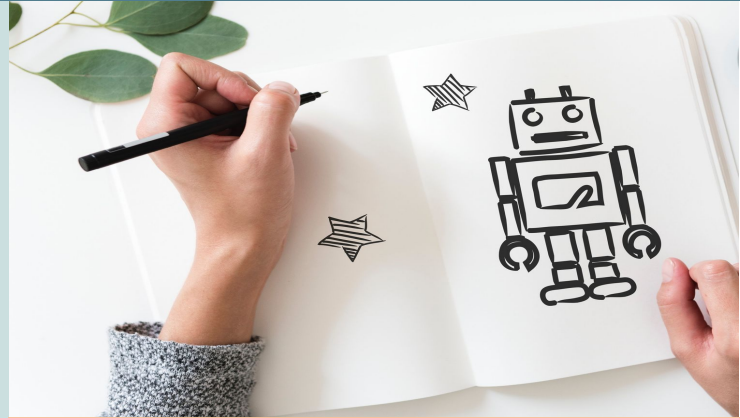
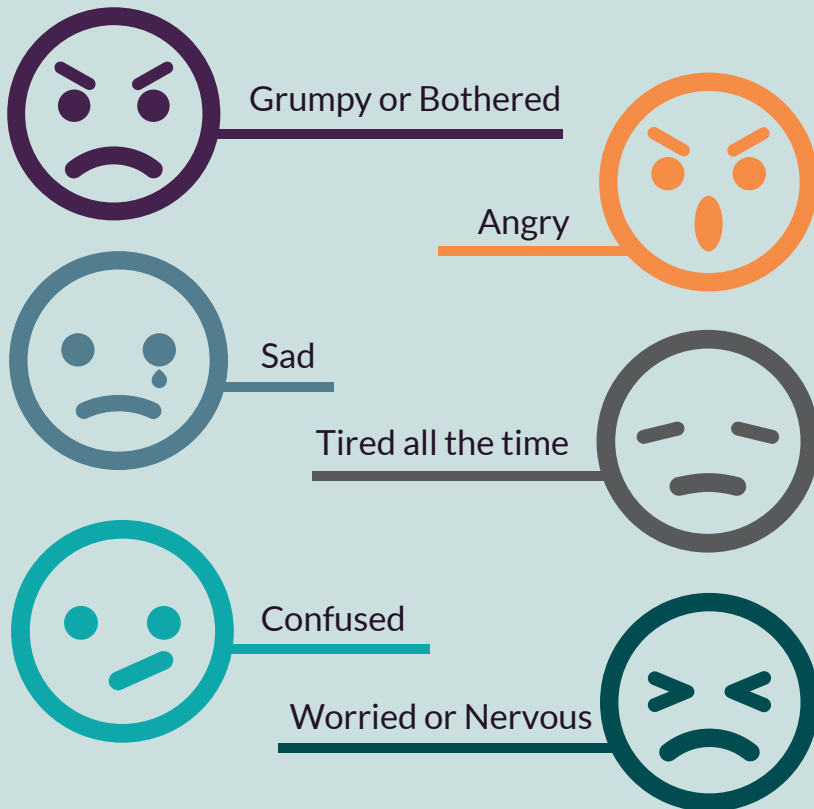


INDIVIDUAL

WHAT ARE COPING SKILLS?

They are ways to handle stress and big feelings.

If someone has abused you, you may feel:



COPING WITH YOUR FEELINGS

Learn to **identify your feelings**. Practice naming the emotions you feel, understand what happens in your body when you feel different emotions and how different people, places, and things lead you to feel different emotions.

Tell the people who care about you, like family and trusted friends, about your feelings

Watch TV or a movie

Color or draw

Listen to music

Write in a diary

Take some time to be alone

Play with pets

It may also help to **talk to a therapist or counselor** who can help you learn about your feelings and solving problems that lead to negative feelings.

You May Also Feel:

Like you **no longer care** about things that used to be important.

Like it's **hard NOT to think** about the abuse.

Like you want to **avoid everything and everyone** that reminds you of the abuse.

Remember it's never your fault that you were abused!

www.paautism.org/BeSafe