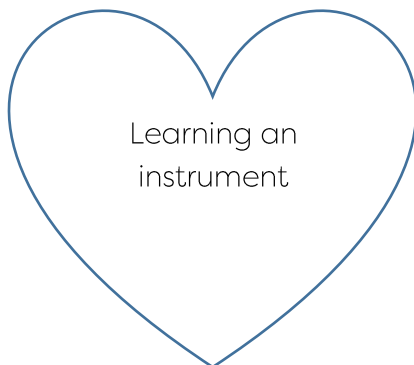
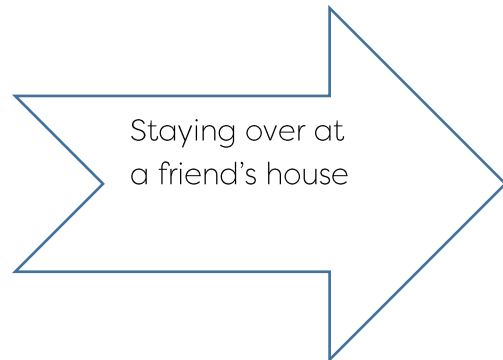
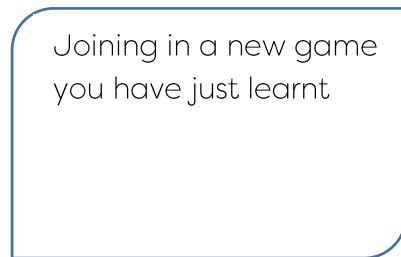
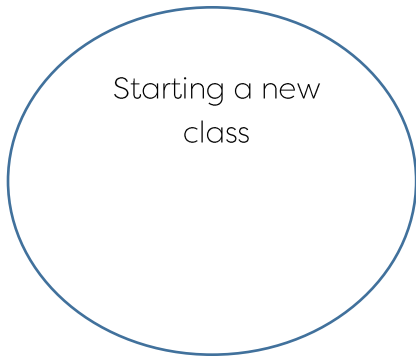
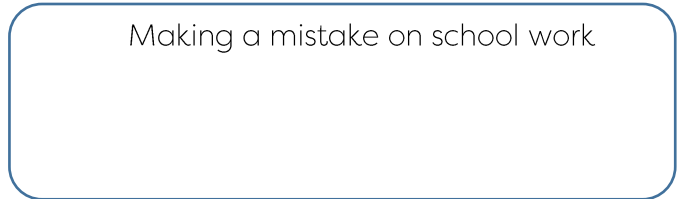
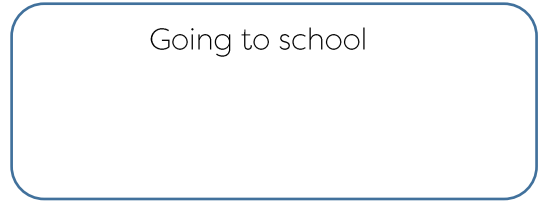
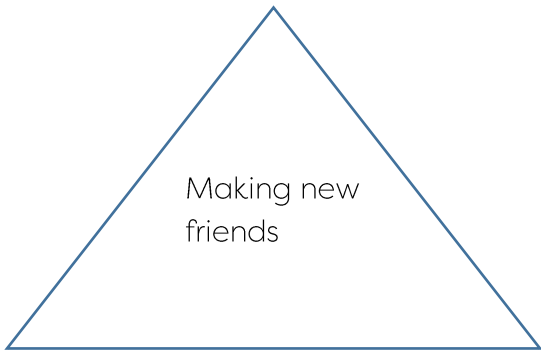


## Changes – Coping

Write how you feel about these situations...



Now let's think of some things that might help us cope with changes...

What have I done  
before that has helped  
me feel happier...

Give an example  
of a change you  
have gotten  
through before...

What could I do next time I  
am feeling worried about  
change...

Who could help me  
face my worries  
about change...

What good  
things can  
happen with  
change...

How will I feel after I have  
made this change...