

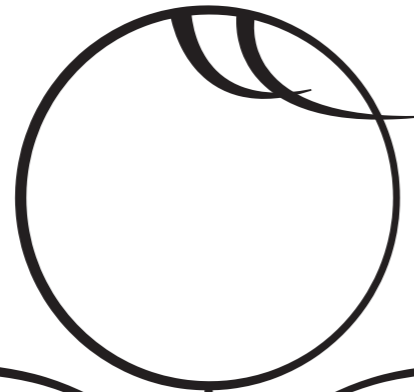
Part 1

Instruction: Pick one of the negative experiences you've gone through before and process it by using The Feeling Guy.

[*Once done, resume tutorial video]

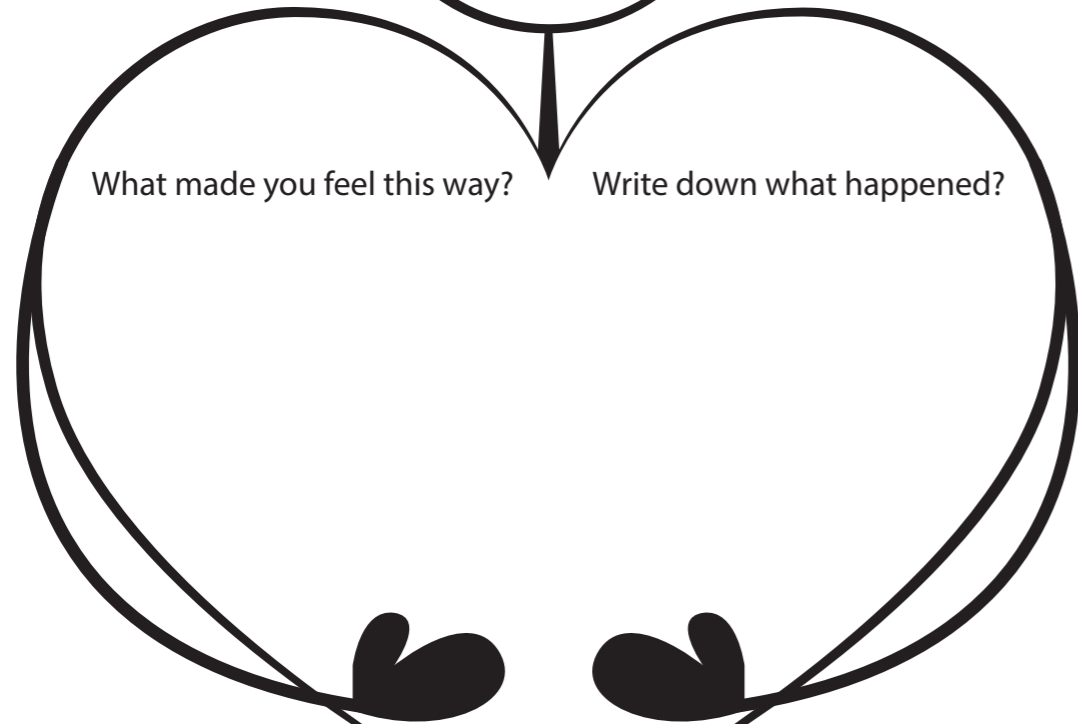
What are you feeling?

.....
(Draw the expression on the head)



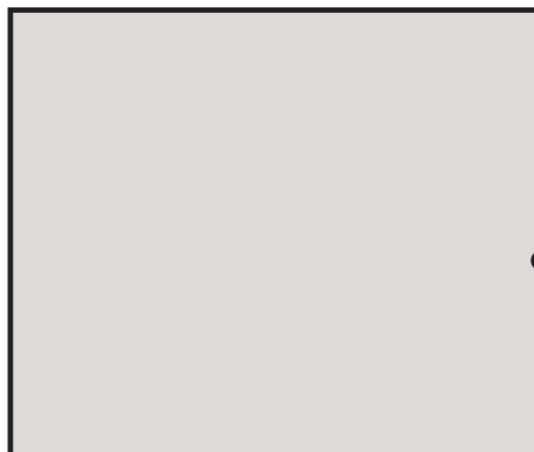
What made you feel this way?

Write down what happened?



Was there anyone who was able to support you during this time?

What did you do to overcome this feeling?



Part 2

Instruction: List down possible people who could have helped you when you went through this experience. Refer to Module 3 My Support Circles if you are stuck.

[*Once done, resume tutorial video]

Part 3

Instruction: List down some of the ways that could help you overcome a negative experience. What do you usually do to feel better?



Does your coping mechanism style fulfill all these criteria? If any of it is NO, you need to find another way to cope with the negative experience. Always seek help from a trusted person if you need help dealing with bad experiences.

- My coping mechanism style makes me feel better
- My coping mechanism style does not hurt me
- My coping mechanism style does not hurt other people