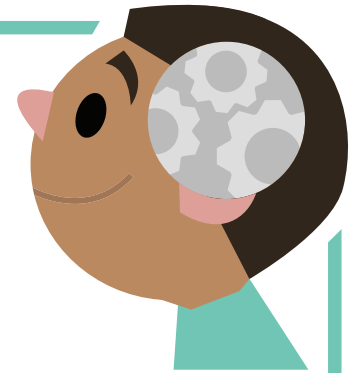


Name \_\_\_\_\_

Date \_\_\_\_\_

# WORKING WITH DIFFICULT EMOTIONS

Use the BCOOL method when you're experiencing difficult emotions.



**Breathe: Take three deep breaths.**

**Calm: Use your breath to calm yourself down.**

**Okay: Know that you're okay.**

**Observe: Notice how you're feeling.**

**Love: Use your breath to hold yourself with love.**

Instructions: Record your thinking below.

**What is an emotion?**

**Why practice BCOOL?**

**When will you practice BCOOL?**