

Name: _____ Date: _____

What is your change? _____

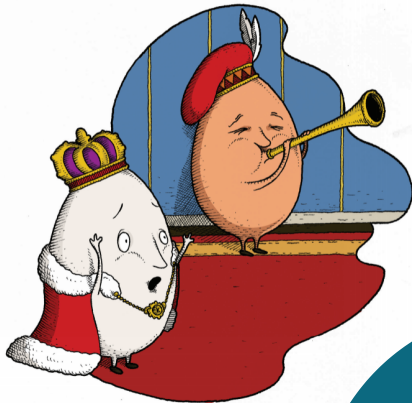
Coping with change

Every change has ups and downs.

Think of the ups and downs from a change you are experiencing.
Is there a way to make your ups more up and your downs less down?

Upsides of my change!

Downsides of my change!



Remember:
We might not
choose the change,
but we can choose
how we respond to
it. Choose well!

What can help?

Hint: What has helped in the past!