

Name _____



Coping Choices

Directions: Read each situation and question carefully. Choose the best answer (A, B, C, or D) that shows a healthy or resilient way to cope. Then answer the short-response question at the end.

1. After losing his grandfather, Aaron spends time with friends and talks about good memories. What kind of coping is this?
A. Avoidance
B. Denial
C. Isolation
D. Resilience
2. When Maya feels sad about her pet passing away, she refuses to talk to anyone and keeps all her feelings inside. What kind of coping is this?
A. Healthy coping
B. Resilient coping
C. Avoidance
D. Growth
3. Josh decides to write music about how he feels after a loss. Which statement is true about this behavior?
A. It helps him process emotions in a healthy way.
B. It avoids dealing with his feelings.
C. It makes him ignore what happened.
D. It causes more stress.
4. Lily spends every day blaming herself for not saying goodbye. What should she do instead?
A. Keep blaming herself until she feels better
B. Pretend the loss didn't happen
C. Talk to a counselor or friend about her guilt
D. Stop expressing emotions altogether
5. Malik feels angry after losing his job. What is one healthy way he can cope?
A. Take his anger out on others
B. Exercise or go for a walk to release stress
C. Refuse to get out of bed
D. Ignore his feelings completely

Question: Think of one healthy coping strategy that works for you when you feel sad or miss someone. Explain why it helps.
