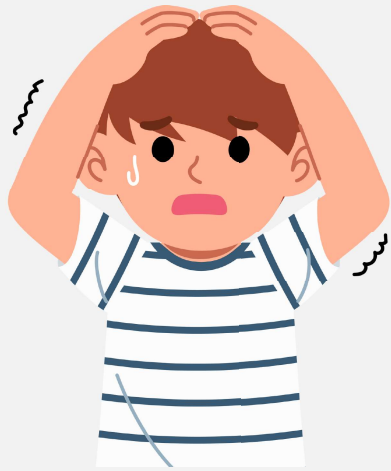
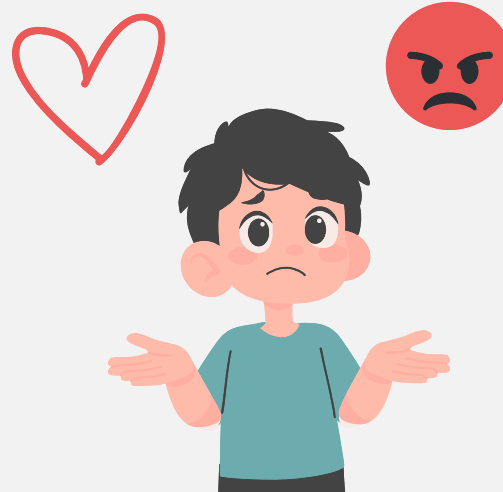


Coping with Abuse

Sometimes I may have feelings like being sad, scared, lonely, mad, or afraid of the person who hurt me.



I may also feel love or anger at the person who hurt me. I may feel confused.



There a lot of ways I can try to feel better.



I can listen to music.



I can exercise by running, jumping, or riding a bike.



I can slowly count to 10 and take deep breaths.

