*Set tab stops on 6 cm and 11.5 cm – not 12cm as instruction given in some books.*

COPING TECHNIQUES

EMOTION POSITIVE REACTION NEGATIVE REACTION

Anger Peaceful Aggressive

Loving Hatred

Cautious Irresponsible

Disappointment Pleased Failure

Satisfied Disappointed

Delightful Troubled

Sadness Happy Unhappy

Cheerful Depressed

Encouraged Discouraged

*Students should use the Tab key correctly.*

*[10] marks for accuracy*