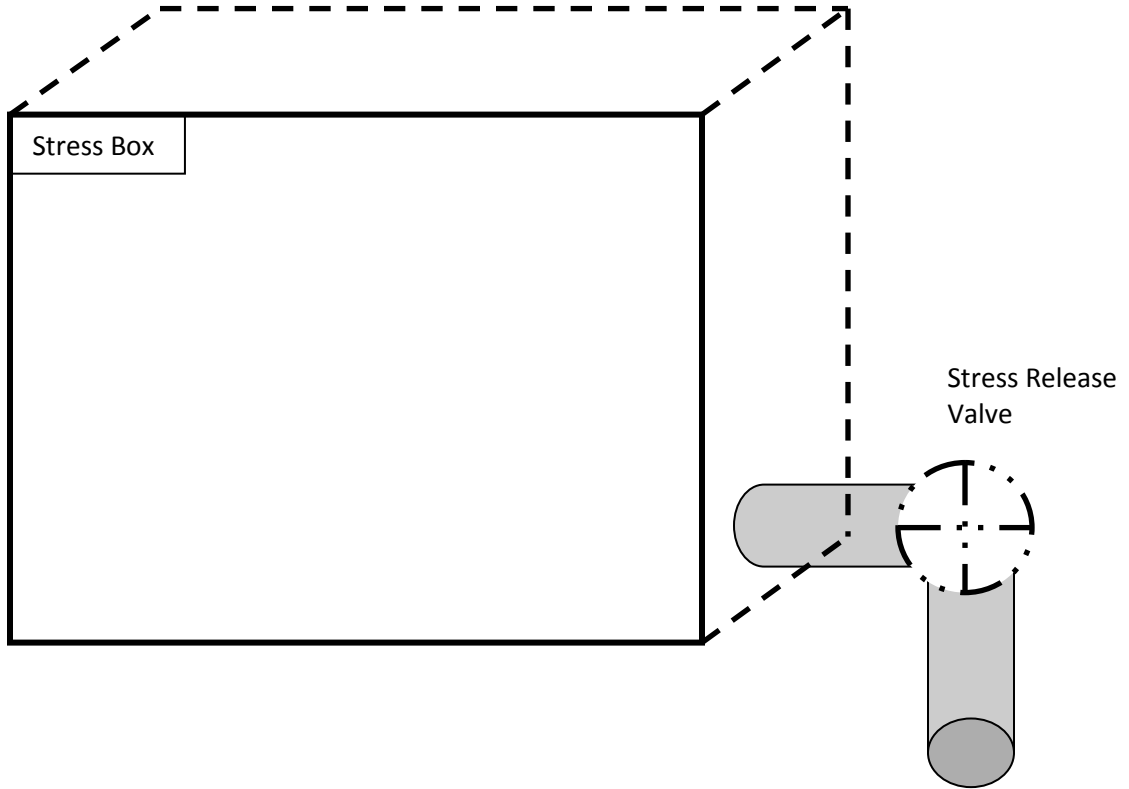


Learning to Cope



<u>Healthy Coping Actions</u>	<u>Toxic Coping Actions</u>
↓	↓
<u>Healthy Coping Consequences</u>	<u>Toxic Coping Consequences</u>