

NAME:

DATE:

# MY ULTIMATE COPING PLAYLIST

[jwbridgethegap.com](http://jwbridgethegap.com)

We go through different big and difficult emotions everyday. It is okay to have all those feelings so it is nice to find ways to help us sit with and cope with them.

Fill each box with the title of songs (and their artist) that you think fit the descriptions provided.

## FOR AMUSEMENT

-----  
a song that gets  
stuck in my head

-----  
a song I know all  
the words to

-----  
a song from my favorite  
movie or tv series

## TO UPLIFT

-----  
a song I associate  
to freedom

-----  
a song that gives  
me energy

-----  
a song I'd like to  
wake me up

## FOR DIVERSION

-----  
a song that makes  
me feel safe

-----  
a song that helps me  
think positively

-----  
a song that inspires me

## TO DISCHARGE

-----  
a song for when you  
get anxious worried

-----  
a song for when you  
get angry or annoyed

-----  
a song for when you  
feel lonely or afraid

## FOR STRONG EMOTIONS

-----  
a song that reminds  
you of a good memory

-----  
a song that makes you  
think of a loved one

-----  
a song to remind you  
that you are loved