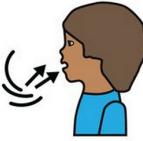
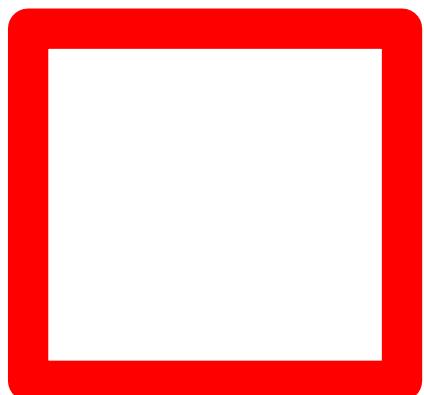


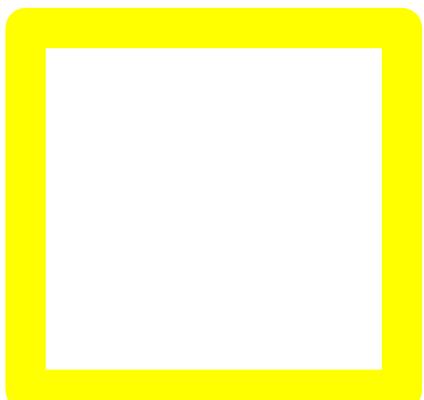
<b>ŽALOSTEN</b>	<b>UTRUJEN</b>	<b>JEZEN</b>	<b>BESEN</b>	<b>ZASKRBLJEN</b>
<b>POTRT</b>	<b>OSAMLJEN</b>	<b>UŽALJEN</b>	<b>OTOŽEN</b>	<b>RAZOČARAN</b>
<b>Sramežljiv</b>	<b>RAVNODUŠEN</b>	<b>NEZADOVOLJEN</b>	<b>PRESTRAŠEN</b>	<b>VAŽEN</b>
<b>ZAVISTEN</b>	<b>UŽALJEN</b>	<b>NEJEVOLJEN</b>	<b>ZDOLGOČASEN</b>	<b>PRESTRAŠEN</b>
<b>SREČEN</b>	<b>NAVDUŠEN</b>	<b>PONOSEN</b>	<b>OPTIMISTIČEN</b>	<b>RADOSTEN</b>
<b>VESEL</b>	<b>POGUMEN</b>	<b>MIREN</b>	<b>ZADOVOLJEN</b>	<b>DOBRO</b>

<b>štejem do deset</b>	<b>stiskam plastelin</b>	<b>grem na sprehod</b>	<b>vzamem si odmor</b>	<b>5x globoko vdihnem</b>
				
<b>se pogovorim</b>	<b>popijem malo vode</b>			
				

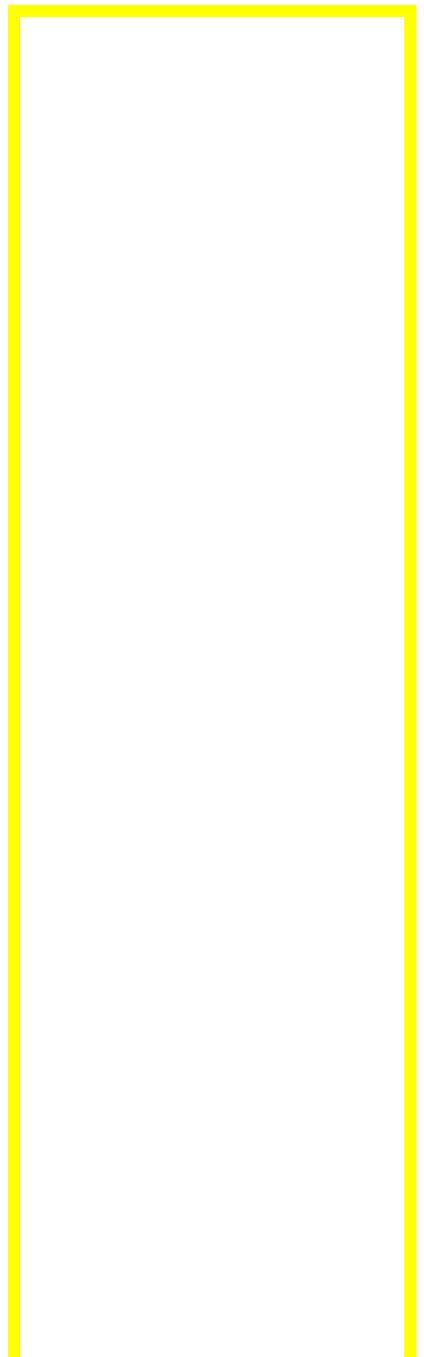
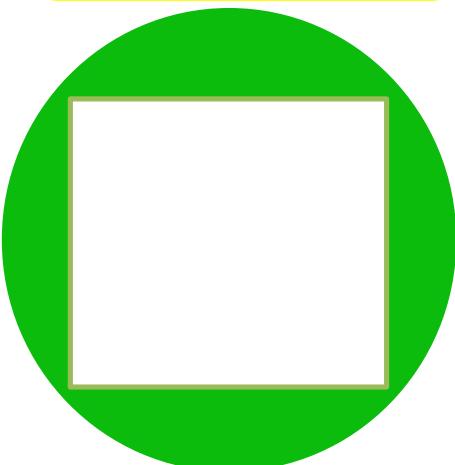
**Kadar se počutim...**

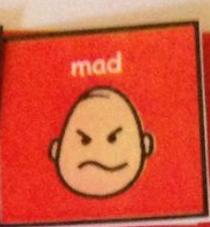
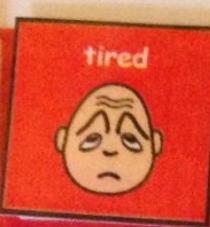
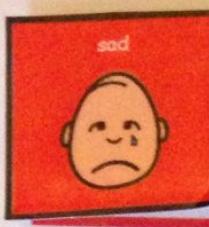


**Bom uporabil  
moja orodja....**



**Potem se bom  
počutil...**

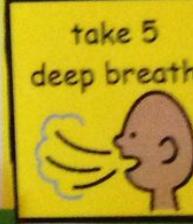
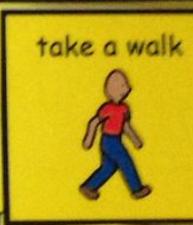
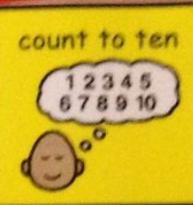
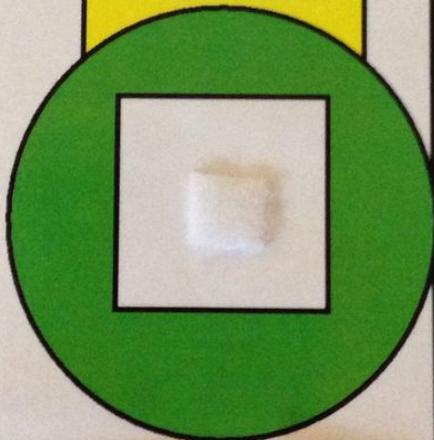




When  
I feel...

I need to  
use my tools...

Then I will  
feel...



### My Coping Tools

