

My Ultimate Coping Playlist



FOR STRONG EMOTIONS

a song that reminds me of a good memory

a song that makes me think of a loved one

a song to remind me that I am loved

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 I get anxious or worried

a song for when I get angry or annoyed

a song for when I feel lonely or afraid



other: _____

a song for when I...

a song that helps...

a song to remember...

