

COPING MECHANISM REVIEW

Coping strategies are the efforts you put forth to manage difficult emotions. Some are adaptive and helpful while others are not. Keep this paper handy throughout the week and record what you witness – without judgement. You may also fill in rows with coping methods of which you are already aware. Use the last column to assess whether the coping mechanism is skillful or unskillful.

When I feel....	My body feels....	My emotions are....	My response is to act/ behave/ do/....	Skillful/Unskillful

COPING SKILLS MAKEOVER

For each unskillful coping mechanism listed, choose out a skillful response you can replace it with:

When I feel _____ I can choose to _____.

When I feel _____ I can choose to _____.

When I feel _____ I can choose to _____.

When I feel _____ I can choose to _____.

When I feel _____ I can choose to _____.

MY SELF-CARE ACTIVITIES

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W D _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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