

Coping Skills Inventory



Situation & Feeling:

A situation that stressed me out:

The emotion I felt:  _____

Emotion Intensity

BEFORE: [1] [2] [3] [4] [5] [6] [7] [8] [9] [10]



What I Did to Cope:

List your actions below:

1. _____

Did it help? Intensity AFTER:
☐ A lot ☐ A little ☐ Worse
☐ Not really ☐ Made it worse [1-10]

2. _____

Did it help? Intensity AFTER:
☐ A lot ☐ A little ☐ Worse
☐ Not really ☐ Made it worse [1-10]

3. _____

Did it help? Intensity AFTER:
☐ A lot ☐ A little ☐ Worse
☐ Not really ☐ Made it worse [1-10]



Next Steps:



One skill to KEEP: _____

One NEW skill to try: _____

To make it easier next time: _____

