

Exploring Coping Skills

SKILL 1

The coping skill I chose:

I usually use it when I feel:

It feels natural because:

It feels difficult because:

Something I like about it:

Something I don't like about it:

Does it fit the situation? Why?

Another strategy to explore:

SKILL 2

The coping skill I chose:

I usually use it when I feel:

It feels natural because:

It feels difficult because:

Something I like about it:

Something I don't like about it:

Does it fit the situation? Why?

Another strategy to explore:

