

YOUR COPING AHEAD WORKSHEET

Prepare for Difficult Situations.

1. IDENTIFY THE SITUATION:

(Describe the difficult event you're preparing for)

2. NAME LIKELY EMOTIONAL TRIGGERS:

(Who? What topics? Scenarios?)

3. CHOOSE YOUR SKILLS:

(List potential DBT or coping skills)

☒ Select the one you will definitely use.

☐ Skill 1: _____

☐ Skill 2: _____

☐ Skill 3: _____

☐ Skill 4: _____

4. PICTURE RESPONDING EFFECTIVELY:

(Describe using the skill. What does success look like?)

5. DETERMINE THE AFTERMATH:

(How will you care for yourself after? Post-event plan)

☐ Plan A: _____

☐ Plan B: _____

