

EMOTION-BASED COPING

1. WHAT AM I FEELING?



The emotion is: _____



Intensity (1–10):



Possible Trigger: _____



What is this telling me? _____

2. IDENTIFY THE NEED & COPING SKILL



What do I need right now? _____



A matched coping skill: _____

Why will this skill help? _____

3. SMALL ACTION & OUTCOME



One small action I can take now: _____

After trying it, how do I feel? (1–10) ☐ ... ☐ ... ☐

Would I use this strategy again? ☐ Yes ☐ Maybe ☐ No