

Cope Ahead Worksheet



Describe the Situation



Identify Emotions

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Plan Coping Strategies

Distraction Ideas

- Listen to music
- Move your body
- Paint or draw
- Deep breathing
- Enjoy nature
- Watch a movie
- Read a book
- Listen to a podcast
- Focus on a hobby



Soothing Techniques

- Use a warm compress
- Take a bath or shower
- Meditate for clarity
- Practice mindfulness
- Guided meditation



Radical Acceptance

- Acceptance with heart
- Practice presence
- Cultivate self-compassion



Create a proactive plan for difficult situations.

