Coping Strategies

|  |  |  |  |
| --- | --- | --- | --- |
| Please list a few of the ways you have been coping with your difficult thoughts and feelings: | Does this strategy work in the short term? Do you feel better? | Does this strategy work in the long term? Do the difficult thoughts and feelings show up again? | Does this strategy have any negative consequences or cause any problems of its own? Does it help you live a better life? |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |