



Worksheet

Coping Skills

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We all possess coping skills, whether we use them consciously or not. **“Coping”** is something we all do when we respond to the stress of dealing with problems. **“Coping skills”** are specific strategies we implement in trying to overcome adversity.

The purpose of this worksheet is to:

- To introduce you to some common coping skills
- To help you understand how you have successfully used coping skills in the past
- To help you identify coping skills that you might wish to develop in the future

Instructions

On the next page, you will find six (6) common coping skills.

In the space provided, list some ways that you have applied this skill in a past situation. Then, list some ways you feel you could apply these skills when facing a challenging or difficult situation in the future.

Coping Skill 1: Thought Challenging

Challenging thoughts involves recognizing, confronting, and disputing unhelpful thinking patterns - or automatic thoughts that pop up.

For example: *Finding evidence and facts that disprove negative thoughts.*

List some ways you have applied this coping skill in the past.

List some ways you could apply this coping skill in the future.

Coping Skill 2: Releasing emotions

Healthy emotional release can include any activity that provides an outlet for your feelings.

For example: *Going for a walk.*

List some ways you have applied this coping skill in the past.

List some ways you could apply this coping skill in the future.

Coping Skill 3: Practicing Self-Love

Showing compassion to oneself through activities that comfort, relax, or invigorate you. Exercising self-compassion and kindness through nurturing, healing activities.

For example: *Taking a long, hot bath.*

List some ways you have applied this coping skill in the past.

List some ways you could apply this coping skill in the future.

Coping Skill 4: Distracting

Positive distraction involves engaging in any healthy activity that takes your mind off negative and difficult experiences.

For example: *Reading an interesting book.*

List some ways you have applied this coping skill in the past.

List some ways you could apply this coping skill in the future.

Coping Skill 5: Tapping Into Your Best Self

Tapping into your best self is about implementing your core character strengths or acting positively in accordance with your personal values.

For example: *Volunteering in your local community.*

List some ways you have applied this coping skill in the past.

List some ways you could apply this coping skill in the future.

Coping Skill 6: Grounding

Centering yourself in the present, or grounding, is focusing your mind on what you experience in the moment, calming you and giving you perspective.

For example: *Meditation or yoga.*

List some ways you have applied this coping skill in the past.

List some ways you could apply this coping skill in the future.