

Coping Plan

Instruction

In the Coping Plan below, type in the following:

1. A challenging or difficult situation you might face
2. Helpful strategies and thoughts that can be used before the event
3. Helpful strategies and thoughts that can be used during the event
4. Helpful strategies and thoughts that can be used after the event

When you have finished typing, print off your plan and keep it somewhere handy.

Challenging Situation:

BEFORE THE EVENT

Strategies:

Thoughts:

DURING THE EVENT

Strategies:

Thoughts:

AFTER THE EVENT

Strategies:

Thoughts: