

YOUR WAY OF COPING

Use this handout to record your thoughts about your way of coping. You may want to share this handout with members of your family or friends to help you talk about how you have been coping with everything recently.

What has been most challenging?
How have I coped with this?
What have I found easier? Why might that be?
How do I cope with my feelings?

What am I noticing about the way my family copes?

What strengths do I have?

What makes things worse?

What seems to help? What strategies do I use?

What do others do that's helpful and supportive (and not helpful)?

What do I need to communicate more to others?

What do I need to work on more?

Can anyone else get involved to help?

Where can I get more help if I need it?

What are some of the things I am looking forward to doing differently?

What, if anything, will I change about the way I respond and cope in challenging situations?

Do I need to make a plan for how I will apply these changes?