

Creating New Coping Skills to Replace Negative Ones

Distressing Situation	Old Coping Strategy	Unhealthy Consequences	New Coping Skills	Healthier Possible Consequences
Example: Sometimes when I argue with people I stay angry for hours.	I lock myself in my room, smoke pot and eat until it hurts.	I feel more alone because I'm isolated, and pot makes me more anxious	I practice mindfulness or go out for a run to blow off steam.	I don't feel as angry/anxious. I've done something that I'm proud of which makes me happier.