



## Coping Styles Formulation

The *Coping Styles Formulation* is a CBT case conceptualisation worksheet that is designed to help therapists and clients come to a shared understanding of the presenting problem and develop more adaptive coping strategies.

**This worksheet includes 6 steps:**

1. Clarifying the presenting problem(s)
2. Identifying the client's vulnerabilities by considering why the client more likely to experience this problem(s) than another person
3. Identifying the client's triggers by considering the stimulus or source of the presenting problem(s)
4. Exploring coping strategies by considering the ways in which the client deals with the effects of the presenting problem(s)
5. Listing the effects of current coping strategies, including how they make the client feel in the short-term and long-term, along with the advantages and disadvantages of each strategy
6. Exploring alternative (more adaptive) coping strategies

## How Do I Cope with “The Problem”?

What made me at risk in the first place?

What events or triggers occurred just before “the problem” developed?

What is “The Problem”?

How do I cope with “the problem”?

*What things make me feel better, at least temporarily?*

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How effective are these coping strategies?

*What are the pros?*

*And cons?*

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What else could I do/try to cope?

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