

Create New Coping Strategies for Distressing Situations When You're with Someone Else

Distressing Situation	Old Coping Strategies	Unhealthy Consequences	New Coping Strategies	Healthier Possible Consequences
1.				
2.				
3.				
4.				

Create New Coping Strategies for Distressing Situations When You're Alone

Distressing Situation	Old Coping Strategies	Unhealthy Consequences	New Coping Strategies	Healthier Possible Consequences
1.				
2.				
3.				
4.				